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A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT WWW.READEXPRESS.COM | AUGUST 1, 2006 | >> **FREE** <<

**Tuesday**



Tony Blair's plan targets global warming.

**Global Alliance:** Britain, Calif. unite to fight warming | **5**

**Pill Access:** Morning-after pill may go over-the-counter | **5**



**Soriano Stays:**  
Nats celebrate as their All-Star remains after trade deadline | **17**

## ENTERTAINMENT

**Seriously:**

*Robin Williams* gets dramatic in 'The Night Listener.' Also, Golden Smog.

>> **13-16**

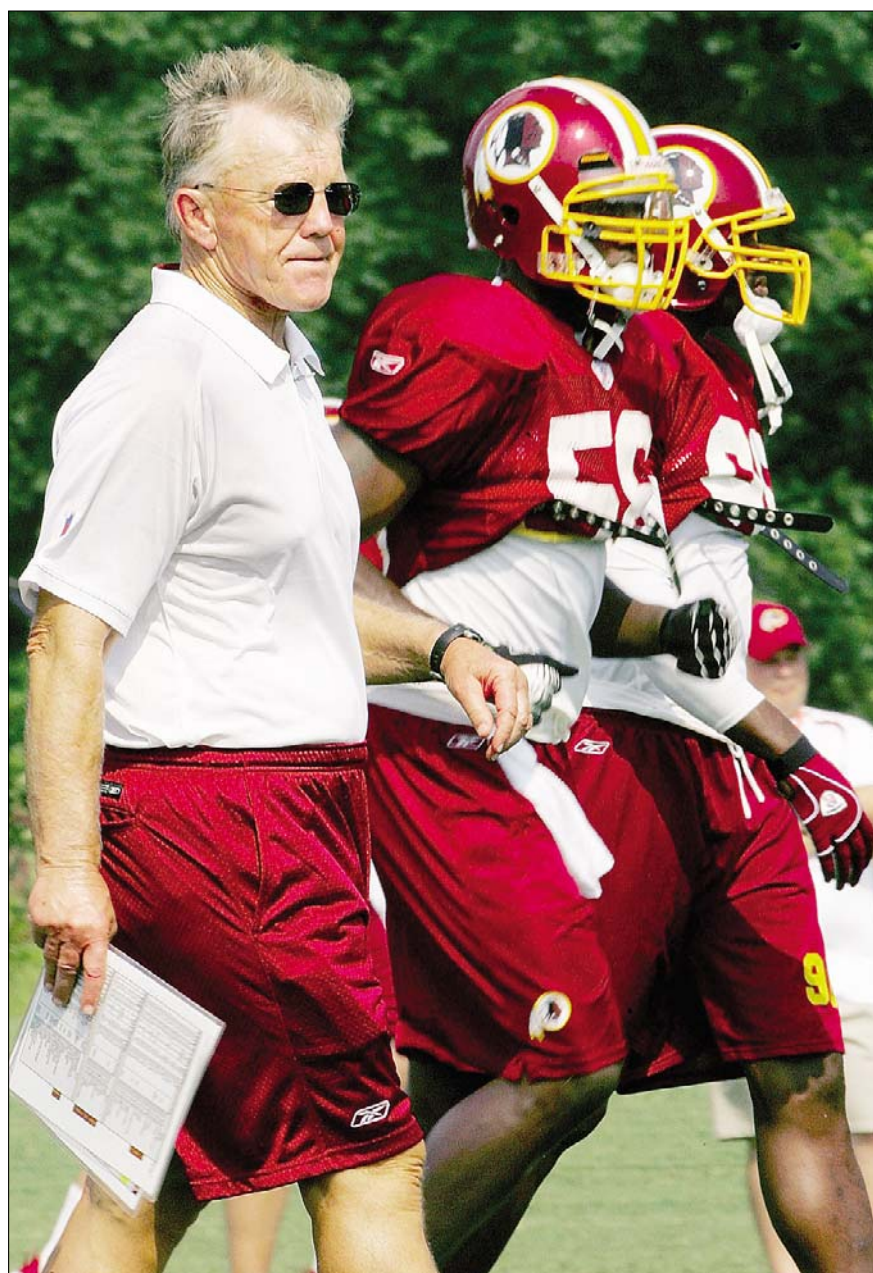


**Weather >> Record Heat**



**101 | 82**

FULL FORECAST ON PAGE 34



## Redskins Off to a Hot Start

**FRONT AND CENTER:** Redskins coach Joe Gibbs watches as the Washington Redskins kick off their training camp on Monday in Ashburn, Va. With temperatures approaching 100 degrees, hundreds of fans cheered on the Redskins, who enter the year with high expectations after adding several free agents to a team that reached the playoffs last season for the first time since 1999.

## Israel to Widen Its Offensive

Olmert dismisses cease-fire calls, vows to press ahead

JERUSALEM | Israel's prime minister declared Monday that there would be no cease-fire with Hezbollah guerrillas, apologizing for the deaths of Lebanese civilians but saying "we will not give up on our goal to live a life free of terror." His Security Cabinet approved widening the ground offensive.

Israeli warplanes hit Hezbollah fighters battling with soldiers near the border as the guerrillas fired mortars into Israel. But an Israeli suspension of most airstrikes in Lebanon — and a pause by the guerrillas on rocket attacks in northern Israel — brought both countries their quietest day since the conflict began three weeks ago.

Lebanese fled north in overflowing trucks and cars. About 200 people — mostly elderly — escaped the border town of Bint Jbeil, where Israeli troops and Hezbollah guerrillas fought their bloodiest clashes.

Israel's Security Cabinet early Tuesday approved widening the ground offensive, a participant said, and Prime Minister Ehud Olmert rejected a cease-fire until an international force is in place in southern Lebanon.

Thousands of army reserves have been called up in recent days in advance of the decision, which is expected to lead to sending more troops into the border area. (AP)

♦ **Survivors:** Lebanese civilians clamor to flee the wreckage from Israel's heavy airstrikes | **Page 7**



Olmert

**BEVERAGES | Ooohhhhhh Yeah! Oh, No** Marciopa County, Ariz., jails will be phasing out Kool-Aid, the Arizona Republic reported. County Sheriff Joe Arpaio said Kool-Aid had no nutritional value and water was good enough for the approximately



10,000 inmates; discontinuing the powdered-sugar drink will save taxpayers \$43,000 a year. "When you're in jail, you should not live better than you do on the outside," he said. "That's an extra kind of thing, as far as I'm concerned." (EXPRESS) **EyeOpeners** | **Page 2**



# eyeOpeners

ALTERNATIVE ENERGY

## Don't Just Soak It Up With a Napkin

Kienan Corbus of Chickaloon, Alaska, drives a big truck, but he doesn't have big gas bills. His Ford F-250 pickup is powered by used cooking oil — what he calls “straight veg.” Corbus collects the old fry oil from restaurants and processes it to power his truck, which he also uses plowing snow for his small business. Although using the vegetable oil draws environmentally minded customers to his plowing business and results in huge savings on gas bills — he said he can drive 150 miles on only two gallons of fuel — his truck smells a little like french fries when it's running. He said he's noticed that dogs now like to lick the truck. (AP)



THEFT

## Then Started a Tab With Her Credit Card

A Westlake, Ohio, waitress was shown her own stolen license when she asked a patron for ID, WEWS-TV reported. The woman's wallet was stolen earlier this month from the bar she worked at,

and \$1,000 in illegal charges had been put up on her credit card. Last week, she asked customer Maria Bergan for ID after she ordered an alcoholic drink. When the waitress saw her own license, she called police and Bergan was arrested Saturday. Bergan is 23 years old and didn't need the waitress' ID to order the drink. (EXPRESS)

CANCANHU/GETTY IMAGES



STREET ACTS

## Spokes Monkey Trials

After the Tour de France scandals, many fans have lost confidence in the integrity of professional bike riding. And in these times of widespread doping and shattered illusions, tourists at a park in Xiamen, China, perhaps turned to this street act Sunday to have their faith in the sport restored. And, if not, hey, it's still monkeys on bikes — hee hee! (EXPRESS)

PLOT TWISTS

## Act 2: Everyone Is Arrested

A Berlin opera house is inviting audience members to smoke marijuana during

ing its production of “The Oriental Princess,” saying it will enhance the psychedelic properties of the show. The Neuköllner Opera House is also allowing the actors



in the show to smoke pot onstage during the performance of the play, which is about a man who becomes obsessed with Japan while under the influence of a hallucinogenic potion. (EXPRESS)



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**BREATHE EASY:** Research suggests that breathing slowly for a few minutes a day helps some people nudge down high blood pressure. A National Institutes of Health study shows how we breathe may hold a key to how the body regulates blood pressure.

## Nation

### In Brief

#### WASHINGTON

##### **Pentagon: Gitmo Guards Are Often Attacked by Detainees**

The prisoners held at Guantanamo Bay during the war on terror have attacked their military guards hundreds of times, turning broken toilet parts, utensils, radios and even a bloody lizard tail into makeshift weapons. Pentagon incident reports reviewed by The Associated Press show Military Police guards are routinely head-butted, spat upon and doused by "cocktails" of feces, urine, vomit and sperm collected in meal cups by the prisoners. (AP)

#### NEW YORK

##### **Jeweler Charged in Bogus Plot to Attack Subways**

A jeweler, apparently bent on revenge against former business associates, was arrested Monday for reporting a bogus plot to bomb the New York subways last July Fourth weekend, authorities said. The false report launched a costly terrorist investigation. Rimón Alkatri, 34, a native of Syria living in Brooklyn, surrendered after a grand jury indicted him on a charge of falsely reporting an incident, a charge punishable by up to seven years in prison. (AP)

#### **Tax Scam Crackdown**

→ A Senate committee today plans to highlight what it says is a more than \$40 billion-a-year drain on federal coffers by offshore tax scams. | **Today, A Section**

**IN The Washington Post**

# High Temperatures Scorch Midwest

Heat index tops 110 degrees in some areas, Calif. deaths pass 164

CHICAGO | The blowtorch heat that blistered California last week gripped the Midwest on Monday, prompting communities to throw air-conditioned buildings open to the public and endangering millions of people with outdoor jobs — including NFL players in training camp.

Temperatures throughout the Midwest and Plains exceeded 100 degrees. The heat index, a measure of temperature plus humidity, climbed as high as 120 degrees in some places.

The National Weather Service issued heat warnings for such cit-



**RELIEF:** Nathan Hachenberger, 4, stretches to get a drink of water while playing at a park in LaSalle, Ill., on Monday. Temperatures in the area reached the upper 90s.

ies as Chicago, Cincinnati, Dayton, Ohio, and Tulsa, Okla.

The Midwest could get some relief by Wednesday, but the worst of the heat was expected to drift into the Northeast on Tuesday, bringing scorching temperatures to New York, Washington and Boston.

In California, the sweltering heat that punished the state for two weeks subsided, but the number of confirmed or suspected heat-related deaths climbed to 164 as county coroners worked through a backlog of cases.

Cities across the Midwest urged neighbors to check on the elderly and disabled. Utilities expected to set records for power usage and asked customers to conserve electricity to prevent blackouts.

CARLA K. JOHNSON (AP)

## Bush Looks to U.N. for Mideast Steps

President: cease-fire must come with plan for sustainable peace

WASHINGTON | President Bush acknowledged growing international pressure for an immediate Middle East cease-fire Monday but dismissed any idea of simply "stopping for the sake of stopping" without a plan for lasting peace.

Bush said the United States was working with allies for a United Nations Security Council resolu-

tion to get a "sustainable cease-fire, a cease-fire which will last" — but not necessarily anything immediate.

The U.S. also is seeking the authorization of an international force to help secure Lebanon. Bush told Fox News Channel that U.S. troops probably would not be deployed.

"I think most nations would not see us involved, and most people understand that we're committed elsewhere," Bush said in an interview with a Miami television station.

The president, speaking to mem-

bers of the Coast Guard in Florida, said the world must remember that the Islamic group Hezbollah started the fight and that Israel is exercising its right to defend itself.

Although pro-Israel sentiment runs deep in the U.S. Congress, Sen. Chuck Hagel, R-Neb., broke with the president on Monday and said Israel's pounding of Lebanon was hurting America's image in the Middle East. "The sickening slaughter on both sides must end now," Hagel said. "This madness must stop." NEDRA PICKLER (AP)

## Law Student Buys New York Observer Paper

NEW YORK | The 25-year-old son of a disgraced real estate mogul has bought The New York Observer, a weekly newspaper with a small but dedicated readership.

Arthur L. Carter, who founded the paper in 1987, sold the paper this week to Jared Kushner, a student pursuing an MBA and a law degree at New York University.

The paper announced the sale on its Web site on Monday. (AP)

# Allergies?

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*"I came into the office for the first time for an exam and a consultation on 5/25/06, and was very pleased at the way the staff greeted me and the way I was treated, they were all very nice."*

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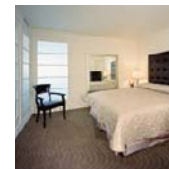
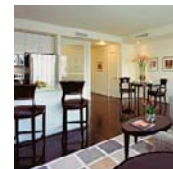


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The percentage of voters in South Dakota who oppose the state's tough new ban on abortions, a new poll says. The measure, backed by 39 percent of voters, will appear on the November ballot.

## Nation

# FDA Weighs Plan B Sales

## Pharmacies could soon sell morning-after pill without a prescription

WASHINGTON | Women over 18 may soon be able to get the morning-after pill without a prescription. In a surprise decision Monday, health officials revived a long-stalled application to allow over-the-counter sales of the emergency contraceptive.

The Food and Drug Administration told Barr Pharmaceuticals Inc. that it wanted to meet within a week to discuss how to allow adults to freely buy the contraceptive — known as Plan B

— while keeping it prescription-only for people under 18.

The contraceptive still would be available only from behind pharmacy counters.

The announcement came just 24 hours before President Bush's nominee to lead the regulatory agency, Dr. Andrew von Eschenbach, was to appear before a Senate committee.

Sens. Patty Murray, D-Wash., and Hillary Rodham Clinton, D-N.Y., called the FDA announcement a "delay tactic" and promised to continue blocking von Eschenbach's nomination pending a final decision on the contraceptive. The morning-

after pill was expected to be the focus of Tuesday's hearing.

The FDA said it hoped to wrap up talks with Barr within weeks.

The morning-after pill is a high dose of the most common ingredient in regular birth control pills. When taken within 72 hours of unprotected sex, the two-pill series can lower the risk of pregnancy by up to 89 percent. The pills, which do not work if a woman is already pregnant, prevent ovulation or fertilization of an egg.

Laws in nine states allow pharmacists to dispense Plan B without a doctor's prescription under certain conditions. ANDREW BRIDGES (AP)



British Prime Minister Tony Blair arrives in Los Angeles on Monday before joining Gov. Arnold Schwarzenegger to discuss an agreement on global warming.

## U.K., Calif. Reach Deal On Global Warming

### Blair, Schwarzenegger push collaboration to reduce gas emissions

LOS ANGELES | British Prime Minister Tony Blair and California Gov. Arnold Schwarzenegger announced an agreement Monday to bypass the Bush administration and work together to explore ways of fighting global warming.

They agreed to collaborate on research into cleaner-burning fuels and technologies, and look into the possibility of setting up a system whereby polluters could buy and sell

the right to emit greenhouse gases. The idea is to use market forces and market incentives to curb pollution.

Environmental groups questioned the deal, saying it was little more than a symbolic gesture.

California is looking to cut carbon dioxide — a byproduct of coal, oil and gasoline combustion — and other heat-trapping gases that scientists say are warming the planet. President Bush has rejected the idea of ordering such cuts.

"This is an agreement to share ideas and information," said Schwarzenegger spokesman Adam Mendelsohn. MICHAEL R. BLOOD (AP)

## Police Arrest Sex Offender After Boy's Body Found

BALTIMORE | An 11-year-old boy missing since last week was found slain early Monday on a golf course near his home, and a twice-convicted child sex offender was arrested in his death, police said.

An autopsy was being performed on the body of Irvin Harris to establish the cause of death.

"The body had suffered a level of decomposition," said Detective Donny Moses, a law enforcement spokesman.

Melvin Jones Jr., 52, was arrested Monday afternoon inside a downtown fast food restaurant after police got an anonymous tip that he was there. Police planned to charge him with murder, Moses said. Jones had befriended the boy and was the last one seen with him, investigators said. (AP)

### HEARSAY | REGRETS

"The best thing politically would be to stay as far away from that tar baby as I can."

—MASS. GOV. MITT ROMNEY  
COMMENTING SATURDAY ON BOSTON'S BELEAGUED BIG DIG PROJECT; ROMNEY LATER APOLOGIZED FOR THE COMMENT.

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# Nation



**STOP, OR MY MOM WILL INVESTIGATE:** Teenagers who toilet-papered and damaged a home now face felony vandalism charges because of a mother's extraordinary sleuthing. California mom Katja Base said she tracked them down to teach her kids about accountability.

## Democrats Unite Over Iraq Pullout

### Lawmakers urge Bush to begin redeployment of troops by late 2006

WASHINGTON | Key Democratic leaders in the House and Senate have united to call on President Bush to begin pulling U.S. troops out of Iraq by the end of the year, citing an overtaxed military, billions of dollars spent and ongoing sectarian violence.

In a letter to Bush released Monday, the Democrats backed a plan for the "phased redeployment" of troops.

"U.S. forces in Iraq should transition to a more limited mission focused on counterterrorism, training and logistical support of Iraqi security forces and force protection of U.S. personnel," the Democrats wrote.

Bush has consistently said there will be no such pullout until the fledgling Iraqi government can secure its position and Iraq's security forces can defend the country.



**EN ROUTE:** National Guard troops prepare to deploy to Iraq last week. Democratic lawmakers urged President Bush to begin troop pullouts by late 2006 on Monday.

Democrats had previously advocated reducing troop levels in Iraq, but were split on the precise approach. During a recent floor debate in the Senate, Democratic Sens. John Kerry of Massachusetts

and Russ Feingold of Wisconsin proposed legislation that would require troops to be out of Iraq by July 2007.

Senate Minority Leader Harry Reid, D-Nev., and other Democrats

backed a measure that called for a phased redeployment to begin by Dec. 31, but did not set a deadline for all troops to be home.

The recent letter, dated July 30, is significant because — signed by every top Democrat on committees with oversight of military, intelligence and international affairs — it solidifies the Democrats' position and presents a unified front as members head into election season.

Pentagon leaders had hoped to begin withdrawing troops by the end of the year. But facing an uptick in sectarian violence around Baghdad, Defense Secretary Donald H. Rumsfeld last week extended the tours of 3,500 soldiers already in Iraq and announced plans to send as many as 5,000 additional troops into the Iraqi capital.

There are currently about 130,000 troops in Iraq. Boosting the troops by such a substantial number dashes Bush administration hopes of dropping the figure by tens of thousands by the fall elections.

ANNE PLUMMER FLAHERTY (AP)

### Kerry Calls for Universal Health Care by 2012

BOSTON | Sen. John Kerry on Monday proposed requiring all Americans to have health insurance by 2012, "with the federal government guaranteeing they have the means to afford it."

The Massachusetts Democrat,



Kerry

whose name is figuring prominently in 2008 White House speculation, repeated his 2004 presidential campaign call for expanding

the federal Medicaid program to cover children.

He also advocated creating a program to cover catastrophic cases so an employer providing insurance doesn't have to pass the cost on to its other workers, and offering Americans the ability to buy into the same insurance program used by federal workers, such as members of Congress. (AP)

## "100 Men for 100 Children," Building Bridges over Troubled Water



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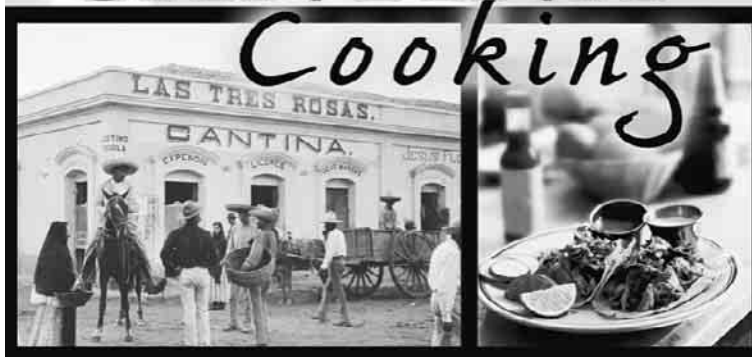
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**ON THE CASE:** A record number of delegates are expected to attend an upcoming global AIDS summit in Canada, including Bill Gates and former President Bill Clinton. The meeting will bring some 24,000 scientists, world leaders and others to Toronto in August.

## World

### In Brief

LONDON

#### Court Refuses to Recognize Same-Sex Couple's Marriage

A British court refused to recognize the same-sex marriage of two university professors Monday, ruling that marriage has long been accepted in Britain as a union between a man and a woman. The women wed in Vancouver, Canada, in 2003 and had asked the court for legal recognition of the marriage. They argued that their relationship was like that of any other married couple and that, by calling it a civil partnership, Britain had violated their human rights. (AP)



Supporters of Congolese leader and candidate Joesph Kabila rally in Goma.

MBUJI-MAYI, CONGO

#### Voters Allowed Extra Day to Cast Ballots Amid Boycott

Congolese electoral officials backed by riot police faced down stone-throwing boycotters to allow voters a second chance Monday, underlining the challenge to democracy in Africa: keeping ethnic, regional and political disputes from reigniting into war. While polls were open an extra day in central Congo, it appeared that few voters took advantage in what officials agreed was a massive boycott called by one of the candidates. (AP)

SHANGHAI, CHINA

#### Report: Huge Underground Nuclear Bunker Constructed

Shanghai has constructed a massive underground bunker complex capable of sheltering 200,000 people from a nuclear attack, a local newspaper reported. The one million-square-foot complex connects to shopping centers, office buildings, apartment buildings and the subway system via miles of tunnels, the Shanghai Morning Post said in an exclusive report. (AP)

# Shattered and Shaken in Bint Jbeil

## Lebanese town hit hard by Israeli bombs a vortex of destruction

BINT JBEIL, LEBANON | The ghosts climbed out of the rubble in this southern town Monday.

Hours after a promised suspension to Israeli air attacks, the civilian survivors of some of the most intense fighting in the war clambered from the wreckage. They were shrunken figures — dehydrated and hungry.

Some had lived on candy bars, others on pieces of dry bread. Some were shell-shocked, their faces blank, the expression that comes from living under bombings for 20 days.

One never made it. He was carried out on a stretcher, flies landing on lifeless eyes that were still open.

Behind them stumbled Zeinab Diabis, so old and stooped that her back was parallel to the ground. Her hands groped along splintered concrete. To anyone who would listen, she cried for her brother, Ahmed, who was still trapped a half-mile away in the basement of a house.

"Who's going to bring him?" she



**CENTER OF THE STORM:** Women and children wait Monday in the halls of the hospital in Tibnin, Lebanon, where many of those rescued from Bent Jbeil were taken.

shouted. "Who's going to show them where he is?"

"God, answer my prayers!"

Bint Jbeil once numbered 30,000 people and was known in Lebanon as the "capital of resistance," a reputation it won for its role in Hezbollah's fight against the Israeli occupation that ended

in 2000.

Today, after nearly three weeks of bombings and days of combat that pinned down Israeli troops and inflicted their heaviest losses of the war, its center is a forsaken panorama of destruction and devastation, nothing untouched.

Charred carcasses of cars were

### Fleeing a Rain of Fire

→ Word spread quickly Monday that there would be no Israeli air raids for 48 hours, and dozens started fleeing north from Bint Jbeil and other villages. | Today, Al

**IN** The Washington Post

tossed in deep craters, along entire blocks that were pulverized. Two ambulances were hurled on their sides, as was a burned firetruck, next to waist-high rubble that filled alleyways. A string of fluttering red, orange and green flags that once marked a shopping festival were now entwined with the casing of an Israeli artillery shell along a street strewn with cinderblock, corrugated tin, wood, wires and shards of car lights.

"What's it going to take to bring this back?" asked Ali Hakim, an 80-year-old resident, emerging from rubble that was once his house, where 70 people had taken shelter during the fiercest bombing. "It's a nightmare. It's been literally taken back to zero."

"Just because of a certain group of people, do the Israelis have to destroy everyone and everything?"

ANTHONY SHADID (THE WASHINGTON POST)

## Israeli PM Olmert Offers Apology For Qana Deaths

JERUSALEM | Israeli Prime Minister Ehud Olmert apologized Monday for the deaths of dozens of civilians from an Israeli airstrike in the Lebanese town of Qana, but said that no cease-fire would be forthcoming in Israel's battle with Hezbollah guerrillas in Lebanon.

Olmert spoke a day after Israeli airstrikes leveled a building in Qana, killing at least 56 people.

"I am sorry from bottom of heart

for all deaths of children or women in Qana," Olmert said. "We did not search them out ... they were not our enemies and we did not look for them."

Addressing the people of Lebanon, he told them that they were not Israel's enemy, but rather Hezbollah leader Sheik Hassan Nasrallah — whom he accused of carrying out the policies of Syria and Iran — was.

"We are not fighting against the Lebanese people. ... We are fighting terrorism and we will not stop the fight against them until we push them away from our borders," he told a gathering of mayors. (AP)

## Dozens of Iraqis Taken Hostage in Bold Raid

BAGHDAD, IRAQ | Gunmen dressed in military fatigues burst into the offices of the Iraqi-American Chamber of Commerce and a nearby mobile phone company Monday, seizing 26 people in a daylight raid in a mostly Shiite area of the capital.

Also Monday, at least 30 people were killed or found dead in political or sectarian violence across the country, police said. They included four Iraqi soldiers killed in a suicide bombing in northern Iraq.

The kidnappings occurred around noon when 15 four-wheel-drive vehicles carrying the gunmen pulled into a shopping area of Karradah, a district where several Shiite politicians live.

One group entered a mobile phone shop and the other went to the next-door office of the Iraqi-American Chamber of Commerce, police Lt. Thair Mahmoud said. The gunmen rounded up 15 staff and customers from the shop and 11 from the chamber office and drove away with them, Mahmoud said.

The Interior Ministry denied that the kidnappers were police — despite the uniforms — and blamed the attack on "terrorists," Iraqi state television reported.

The raid occurred in the same neighborhood as the abduction two weeks ago of about 30 people, including the Iraqi National Olympic Committee chairman. (AP)



**RELOCATING:** A famed statue of Pharaoh Ramses II will be moved on Aug. 25 from a congested square in downtown Cairo to a more serene home near the Great Pyramids in a bid to save it from corrosive pollution, Egypt's antiquities chief said last week. Exhaust fumes and subway vibrations are damaging the more than 3,200-year-old granite statue. (AP)

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Dr. Sims is a graduate of Georgetown University Dental School. He has practiced in the DC area for 20 years. Recently selected as a top dentist by the Consumer Research Council of America.

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## World

# U.N. Council OKs Resolution on Iran

Tehran given until Aug. 31 to halt nuclear work or face sanctions

**UNITED NATIONS** | The U.N. Security Council passed a weakened resolution Monday giving Iran until Aug. 31 to suspend uranium enrichment or face the threat of economic and diplomatic sanctions.

Iran immediately rejected the council action, saying it would only make negotiations more difficult concerning a package of incentives offered in June for it to suspend enrichment.

"All along it has been the persistence of some to draw arbitrary red lines and deadlines that has closed the door to any compromise," said Iran's U.N. ambassador, Javad Zarif. "This approach will not lead to any productive outcome and, in fact, it can only exacerbate the situation."

Because of Russian and Chinese demands, the text was watered down from earlier drafts, which would have made the threat of sanctions immediate. The draft now essentially requires the council to hold more discussions before it considers sanctions.

The draft passed by a vote of 14-1. Qatar, which represents Arab states on the council, cast the lone dissenting vote.



John Bolton, U.S. ambassador to the U.N., casts a vote on the Iran measure.

"It's a strong resolution," President Bush said in Miami. He thanked U.S. allies who backed the resolution, saying, "The Iranians must hear loud and clear that the world is intent on working together to make sure that they do not end up with a nuclear weapon or the know-how to build a nuclear weapon."

Drafted by Britain, France and Germany with U.S. backing, the resolution follows a July 12 agreement — by the foreign ministers of those four countries, plus Russia and China — to refer Tehran to the Security Council for not responding to the incentives package. (AP)

## Sri Lankan Rebel Leader Says Pact Is 'Null and Void'

**COLOMBO, SRI LANKA** | A roadside bomb exploded near a military truck Monday night in northeastern Sri Lanka, killing 18 soldiers, security officials said as a senior rebel leader declared the country's cease-fire "null and void."

Tamil Tiger rebels and government soldiers also traded artillery shells and gunfire as the air force struck insurgent positions, killing at least 46 fighters, the army said.

The clashes in the northeastern district of Trincomalee and Jaffna, a port on Sri Lanka's northern tip, were among the fiercest since a 2002 cease-fire and as close to open war as the two sides have come in months of back-and-forth attacks.

Still, the government said it had not violated the cease-fire, insisting it sent ground forces into Tiger territory only to end a rebel blockade of a key water source.

But a leader of the Liberation Tigers of Tamil Eelam, the group's formal name, said the government's offensive amounted to a "declaration of war." (AP)

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# Mexican Voters Heed Protest Call

Leftist's supporters block traffic in capital over disputed election

MEXICO CITY | Supporters of Mexico's leftist presidential candidate brought rush-hour traffic to a crawl Monday, causing the stock market to drop and forcing office workers dressed in business suits and high heels to hike for miles to get to work.

The sprawling tent cities in the financial heart of the Mexican capital were another sign that Andres Manuel Lopez Obrador and his supporters won't accept anything less than victory from the top electoral court.

The tribunal is weighing allegations that fraud gave ruling party candidate Felipe Calderon a slight advantage in the July 2 election. It has until Sept. 6 to declare a president-elect or annul the elections.

Lopez Obrador is demanding a vote-for-vote recount and has vowed to block the city center until the Federal Electoral Tribunal rules on his request.

Salesman Alejandro Lara, 33, walked two miles up Mexico City's



Supporters of Andres Manuel Lopez Obrador rally in Mexico City on Monday.

Reforma Avenue, blocked by protesters, before he began shouting.

"I'm either going to have to get up at 5 a.m. every day, or ask for vacations," Lara said angrily. "It's too bad, because I supported Lopez Obrador. But now, after this, I wouldn't want to have him governing us. He scares me."

Cesar Nava, a spokesman for Calderon, called on Mayor Alejandro Encinas to reopen the streets to traffic, contending Lopez Obrador's leftist Democratic Revolution Party — of which Encinas is a member — had "kidnapped" the city. (AP)

## ARGENTINA | FREED PENGUINS TAKE THE PLUNGE



**HOMEWARD BOUND:** Penguins head for the ocean in San Clemente del Tuyu, Argentina, on Monday after finishing a rehabilitation process intended to help them recover from a recent oil spill. Around 224 penguins were found in May suffering ill effects of the spill. The 190 that survived were taken to a rehabilitation center and about 50 were set free Monday.

## NATO Takes Over in Afghan South

KANDAHAR, AFGHANISTAN | NATO took over command of insurgency-wracked southern Afghanistan from the U.S. on Monday, and the top general warned that he will "strike ruthlessly" against Taliban rebels.

British Lt. Gen. David Richards,

the new commander, indicated NATO would continue to use the heavy firepower that has been employed by the coalition after an escalation in militant attacks.

"We will retain the capability and will to strike ruthlessly at

the enemies of Afghanistan when required," he said.

About 8,000 mainly British, Canadian and Dutch forces have deployed to the south, bringing the NATO force's presence to nearly 18,000 nationwide. A similar number of U.S.-led coalition forces will remain in Afghanistan. (AP)

## Bipolar Depression Research Study

- Have you been diagnosed with bipolar disorder?
- Do you feel that medications have not helped your depression?

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Principal Investigator:  
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To learn more about the diabetes research study, please call Dr. Shepard at **202.223.6777** **endeavor**

# Money



**MP3 ME:** Verizon Wireless is eliminating the monthly \$15 fee for its music download service in conjunction with the launch of a new iPod-like cell phone that can hold up to 1,000 songs. The new "Chocolate" handset will be made by LG Electronics.

## AOL Aiming to Be Web Video Portal

NEW YORK | AOL is revamping its video portal this week to give visitors one-stop access to clips from around the Internet, including those at rival sites like YouTube.

AOL envisions becoming a television guide for online video and

will initially showcase more than 45 video-on-demand channels featuring free and for-pay video from partners like A&E, Nickelodeon and National Lampoon.

Clips not featured will still appear through AOL's video search

tool, which incorporates technology from a video search startup it bought this year, Truveo Inc. Those could include video at sites from YouTube Inc. and Google Inc.

A "beta" test version of the portal is scheduled to launch Friday, with the main launch expected later in August. (AP)

## Companies Move To Increase Prices

### Makers of many basic goods passing higher costs on to consumers

After years of caution, companies are raising prices on a range of consumer products, from cereal and beer to washing machines and toilet paper.

This past week, cereal-maker Kellogg Co. and brewer Anheuser-Busch Cos. both said prices on their products are heading up. Airlines are flying with full planes — and charging more for seats. Cigarettes and tissues are also getting more expensive.

Broadly, consumer prices are rising more quickly than at any time in the recent past, after years in which many consumer-goods companies complained they had no ability to raise prices to cover costs or increase profit margins. On Friday, the government reported that its index of core personal consumption prices — the gauge the Federal Reserve

watches most closely — rose at an annualized rate of 2.9 percent in the second quarter. That was the highest since 1994. Much of that rise has been driven by a surge in rents, but goods prices also now appear to be turning up.

Some economists are skeptical consumers will long accept higher prices. "If the economy slows, which I think it is doing, then these price increases won't stick," said Nancy Lazar, economist at ISI Group.

The impact is being felt across many industries. Food companies, for instance, are facing a squeeze not only from fuel costs but from wheat, corn and sugar prices.

Higher gasoline and housing prices are now conditioning customers to expect inflation, said Sung Won Sohn, chief executive of Hanmi Bank in Los Angeles. "The sellers have a good argument and the buyers have been expecting higher prices, so they are beginning to accept it," he said.

AMY MERRICK (THE WALL STREET JOURNAL)

## Market Action

### New York Stock Exchange

#### Gainers

| STOCK       | LAST  | DAILY CHANGE | DAILY PERCENT CHANGE |
|-------------|-------|--------------|----------------------|
| LLE Ry      | 2.98  | +0.35        | +13.3                |
| Iomega      | 2.51  | +0.26        | +11.6                |
| PlaytPd     | 11.32 | +1.17        | +11.5                |
| CPI         | 32.10 | +3.25        | +11.3                |
| SunriseSslf | 28.88 | +2.54        | +9.6                 |

#### Losers

|            |       |        |       |
|------------|-------|--------|-------|
| ScottishRe | 3.99  | -12.01 | -75.1 |
| NamTai     | 17.11 | -2.89  | -14.5 |
| Avon       | 28.99 | -3.82  | -11.6 |
| AGCO       | 22.96 | -2.74  | -10.7 |
| CitAir B   | 26.34 | -2.12  | -7.4  |

### NASDAQ Stock Market

#### Gainers

| STOCK      | LAST  | DAILY CHANGE | DAILY PERCENT CHANGE |
|------------|-------|--------------|----------------------|
| ChinaTDvlf | 4.36  | +1.21        | +38.4                |
| FoodTcrs   | 2.54  | +0.60        | +30.9                |
| Pozen      | 7.70  | +1.63        | +26.9                |
| NVE Corp   | 21.56 | +4.48        | +26.2                |
| <B>lomai n | 3.31  | -0.39        | -10.5                |

#### Losers

|              |       |       |       |
|--------------|-------|-------|-------|
| VirtualSco n | 2.54  | -0.45 | -15.1 |
| ACS Motion   | 3.64  | -0.52 | -12.5 |
| VistaPrt n   | 22.12 | -2.72 | -11.0 |
| loma i n     | 3.31  | -0.39 | -10.5 |
| TechRsh      | 4.40  | -0.50 | -10.2 |

### Rates

|                 | CURRENT | PREVIOUS WEEK |
|-----------------|---------|---------------|
| Prime Rate      | 8.25    | 8.25          |
| Fed Funds close | 5.3125  | 5.25          |
| 3-month disc    | 4.98    | 4.96          |
| 2-year          | 4.96    | 5.08          |
| 10-year         | 4.98    | 5.05          |
| 30-year         | 5.07    | 5.11          |

### Currency (Dollars in foreign currency)

|                  | TODAY   | PREVIOUS DAY | YEAR AGO |
|------------------|---------|--------------|----------|
| British Pound    | .5354   | .5367        | .5690    |
| Canadian Dollar  | 1.1314  | 1.1311       | 1.2244   |
| European Euro    | .7832   | .7841        | .8245    |
| Japanese Yen     | 114.56  | 114.70       | 112.31   |
| Mexican Peso     | 10.9530 | 10.8381      | 10.5910  |
| Taiwanese Dollar | 32.75   | 32.78        | 31.82    |

| DOW      | NASDAQ  | S&P 500 |
|----------|---------|---------|
| -34.02   | -2.67   | -1.89   |
| -0.30    | -0.13   | -0.15   |
| 11185.68 | 2091.47 | 1276.66 |

### Biotech Stocks

| STOCK     | LAST  | DAILY CHANGE | YEAR TO DATE PERCENT CHANGE |
|-----------|-------|--------------|-----------------------------|
| Amgen     | 69.71 | +0.64        | -11.6                       |
| Amylin    | 48.80 | +0.31        | +22.2                       |
| BiogenIdc | 42.05 | +0.21        | -7.1                        |
| Celgene s | 47.89 | +0.92        | +47.8                       |
| ChRvLab   | 35.50 | -0.14        | -16.2                       |
| GenProbe  | 51.95 | +0.62        | +6.5                        |
| Genentch  | 80.82 | +0.68        | -12.6                       |
| Genzyme   | 68.38 | +0.23        | -3.4                        |
| GileadSci | 61.52 | -0.96        | +17.0                       |
| Imclone   | 32.50 | -1.42        | -5.1                        |
| Invitrogn | 61.79 | -0.18        | -7.3                        |
| MedImun   | 25.38 | -0.10        | -27.5                       |
| MillPhar  | 9.82  | ...          | +1.2                        |
| QIAGEN    | 15.21 | -0.05        | +29.4                       |
| VertxPh   | 33.52 | -0.73        | +21.1                       |



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Analysts predicted that meat processor Tyson will continue to feel a profit pinch.

## Tyson Foods Reports \$52M Loss

LITTLE ROCK, ARK. | Tyson Foods Inc. said its \$52 million loss in the April-June quarter and 5 percent dip in revenues were market pangs that should be over in time, possibly by next spring.

But analysts looking at the results Monday from the world's largest meat processor weren't as optimistic.

They predicted continued losses

in the company's final fiscal quarter that ends in September and noted the almost-certain spread of avian flu that causes consumer concerns about poultry, although not automatic health risks.

In the year-earlier period, Tyson reported a profit of \$131 million, or 36 cents per share. Revenue dipped 5 percent to \$6.38 billion from \$6.71 billion last year. (AP)





**NEW CARS:** Metro gave a look Monday at redesigned railcars to help improve the flow of passengers during the crowded rush hours. The cars feature bench seating instead of some rows of seats, and more grab bars and open floor area.

## Local

# Developers Unveil Waterfront Plans

Project ideas include water park, aquarium, theater and housing

WASHINGTON | Developers competing for a leading role in the revitalization of the Southwest waterfront offered an early look at some of their ideas — including a project with a water park, an aquarium and a theater dedicated to Cirque du Soleil

performances.

Five development teams are in the running for the project to add shops, restaurants, housing, parks and offices to the 47 acres between the 14th Street Bridge and P Street Southwest — an area that is now mostly parking lots and concrete buildings. A meeting last week on the renewal proposals drew community leaders, residents and members of the Anacostia Waterfront to

Southeastern University.

"We want a waterfront that is the envy of the nation," Adrian G. Washington, chief executive of Anacostia Waterfront, said.

The plan calls for 2 million square feet of development on land that now includes nightclubs, the Channel Inn Hotel and a Phillips Seafood restaurant. It would include 850 residential units, 250,000 square feet of retail space, parking,

cultural attractions and a hotel

The five finalists were picked in June. They are EastBanc, a retail developer; retail developer Madison Marquette with housing developer KSI Services; PN Hoffman, a housing developer with Struever Bros. Eccles & Rouse, a development company based in Baltimore; office and housing developer JBG Cos. of Chevy Chase; and the John Buck Co., a major developer in Chicago. (AP)

## Tunnel in Tysons is Supported

Panel: Elevated track not a better option for Metro route to Dulles

RICHMOND, VA. | Experts commissioned to study the proposed 23-mile Metrorail extension to Dulles International Airport said an underground tunnel through Tysons Corner is a "feasible and cost effective" option, according to a report released Monday.

The panel from the American Society of Civil Engineers was enlisted by state Transportation Secretary Pierce R. Homer to weigh the options of a using a tunnel or an elevated track for the four-mile stretch through Tysons Corner as part of the project's first phase.

The study said the tunnel plan would cost about \$2.5 billion, compared with about \$2.25 billion for the elevated track. The total cost of the project is estimated at \$4 billion.

The panel also noted numerous benefits to the tunnel plan, including lesser impacts on traffic through the area, longer project life span and reduced costs for maintenance. MICHAEL FELBERBAUM (AP)

## D.C. Under Heat Watch to Thurs.

WASHINGTON | The National Weather Service has issued an excessive heat watch for the Washington region Tuesday through Thursday.

Meteorologists said temperatures will reach about 100 degrees Tuesday and Wednesday. But because of the humidity, it will feel like it's about 110 degrees during the afternoon, with the hottest conditions in the city.

The weather service said the evenings will bring little relief. It will feel like it's in the 90s.

The actual temperature may be lower on Thursday. But meteorologists said the humidity will be greater — so the heat index will again be near 110 degrees. (AP)

**Summer in the City:** A heat emergency is declared as "cooling centers" are set up around town. **Today, Metro**

IN The Washington Post | GEORGIA AVE. PROJECT



**PROS AND CONDOS:** Officials and residents gathered Monday for the groundbreaking of a planned \$60 million development around the Georgia Avenue/Petworth Metro station. The project is the first new housing on the street in 40 years and the start of the city's 'Great Streets' initiative. ♦ **'Place' to Be:** "Park Place" seen as anchor of neighborhood renewal | **Today, Metro**

## Officials Remind Of Heat Safety Tips This Week

ROCKVILLE, MD. | With meteorologists forecasting scorching temperatures this week, officials are asking residents to make preparations.

Montgomery County firefighters and emergency medical technicians handed out heat-safety leaflets and bottled water Monday at the Silver Spring Metro station. They reminded people to stay hydrated and cool.

In Prince George's County, fire officials also want to remind residents to stay safe by properly disposing of cigarettes and using battery-powered flashlights instead of candles during power outages. (AP)

## Fire Erupts After Power Line Failure

WASHINGTON | A device on a Pepco transmission line failed Monday afternoon in Southwest, causing a loud explosion sound and a dramatic plume of smoke.

A spokesman for the fire department

said the failure caused a fire, but it was brought under control and there was no risk to residents. There were numerous emergency calls reporting the loud sound.

A Pepco spokeswoman said no

customers lost power, because the utility had backups in place, and that the metering device, which monitors the quality of electric power on the line, was still working.

Officials said the accident was heat-related. (AP)

## The Lotteries

Monday, July 31

| DISTRICT              |         |
|-----------------------|---------|
| Mid-day Lucky Numbers | 5-0-1   |
| Evening Lucky Numbers | 1-3-6   |
| Mid-day DC 4          | 9-4-4-1 |
| Evening DC 4          | 3-1-1-3 |

Rolling Cash Five **18-12-2-29-32**  
Daily 6 **32-30-33-9-13-10 (37)**

| MARYLAND       |                    |
|----------------|--------------------|
| Mid-day Pick 3 | 1-4-4              |
| Evening Pick 3 | 5-0-5              |
| Mid-day Pick 4 | 2-8-6-2            |
| Evening Pick 4 | 5-6-9-1            |
| Match 5        | 9-11-19-25-28 (37) |

| VIRGINIA       |                |
|----------------|----------------|
| Mid-day Pick 3 | 7-9-2          |
| Mid-day Pick 4 | 4-9-4-7        |
| Mid-day Cash 5 | 01-12-16-30-33 |

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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This is a 10-week outpatient and inpatient study of medication or placebo conducted at the NIH Clinical Center in Bethesda, Maryland.

Participants must:

- Be ages 21-55
- Be currently depressed
- Have taken an antidepressant that did not help

The study includes medical and psychiatric evaluations, and research medication at no cost. Transportation reimbursement provided.

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**GOLDEN OPPORTUNITY:** As the sci-fi trilogy "His Dark Materials" trudges toward the big screen, some big names are coming along. Nicole Kidman is in negotiations to star in the trilogy's first part, "The Golden Compass," as the mysterious Mrs. Coulter.



## Entertainment



**WILL WORK FOR LAUGHS:** Williams has shown a facility with dramatic, even psychotic, roles as well as motormouthed comedy.

# Shifty Character

## Robin Williams returns to drama in a psychological thriller

**ALL EARS |** Robin Williams and author Armistead Maupin have been friends ever since they met backstage at L.A.'s Comedy Store in the late 1970s. Both live in the San Francisco Bay area; they also share

a gift for gab. Now, Williams stars as a fictionalized version of Maupin in a new suspense thriller.

In "The Night Listener," Williams plays Gabriel, a public radio talk show host who develops a long-distance friendship with a troubled but highly intelligent teenage caller. Coping with his own mid-life crisis — his lover has left him for a younger man — Gabriel

channels his nurturing energy into trying to help the boy.

"Pete" (played by Rory Culkin) has written a memoir about overcoming years of parental abuse, and Gabriel thoughtfully forwards Pete's manuscript to his own publisher. But on the eve of the book's publication, he begins to suspect that the young author isn't who he claims to be. He then

embarks on a journey to meet Pete as well as Donna, the boy's adoptive mother.

Fresh off the success of his comedy "RV," Williams says it was "kind of cool" to play a character based on his friend.

Williams' character is gay, but his sexual orientation is secondary to "Night Listener's" main theme about identity and the mysteries of the human heart. "His sexuality is just a part of his life as it is in anyone's life," said Williams. "He's not totally defined by it."

Maupin, best-known for his "Tales of the City" novels, hoped Williams might be interested in playing Gabriel but had a tough time getting the script he adapted from his best-seller past Williams' management. So he simply called his friend at home and asked him to take a look at the screenplay. Williams obliged.

As Maupin recalled, "Robin called three days later and said, 'I love it. I want to do it.'"

The role of Gabriel, explained co-writer director Patrick Stettner, "more than anything required somebody with an incredible amount of warmth. Robin has that quality."

In the meantime, Williams as enjoying the good life and looking ahead, not back. That philosophy extends to his career.

"I just had a good time doing them," he says of his movies. "For me, just making them was the most fun." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

## Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE  
WASHINGTONPOST.COM/ENTERTAINMENT



After 11 years, the critically adored girl-group Sleater-Kinney is calling it quits.

### Sleater-Kinney: The Real Girl Power

It's hard to mention Sleater-Kinney without also mentioning the ultra-unfortunate phrase "riotgrrrl" — although maybe it'll go away if we would all just stop using it. The music, however, remains riotously wild and energetic.

9:30 Club 815 V St. NW; with Rogers Sisters, 7:30 p.m., sold out; 202-265-0930. (U St.-Cardozo)

### Nitro Tokyo: Fast, Furious

The '80s guitar-rock sound stopped getting made when the '80s were over. But local act Nitro Tokyo isn't afraid to borrow the grab-the-mic yell of Spandex-maniacs of yore for their own brand of driving, frat-party rock.

Black Cat, 1811 14th St. NW; with Cloak/Dagger, 9 p.m.; 202-667-7960. (U St.-Cardozo)

### Nelson and Fogerty: Southern Cats

The Southern songsters who brought Dixie to the nation did so by taking elements of blues and country and making them accessible in other formats — there's a reason you know John Fogerty and Willie Nelson better than the line-up on CMT.

Nissan Pavilion, 7800 Cellar Door Drive, Bristow, Va.; \$20.50 to \$60; 7:30 p.m.; 703-754-6400.

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# It's Clear Skies Ahead for Smog

## Golden Smog might be indie-rock's first genuine supergroup

**MUSIC |** Welcome to the side project that wouldn't die.

With its fourth album since 1992, Golden Smog seems more like an active band at this point than its members' main groups, the Jayhawks (now defunct), Soul Asylum (just back after being defunct) and Run Westy Run (last album in 1995). Real band or not,

its periodic surfacings are eagerly awaited in the roots-rock and power-pop pockets of the indie-rock world.

"Another Fine Day" (Lost Highway), its first album in seven years, also makes Golden Smog sound more like a real band than it has in the past.

Jeff Tweedy and other guests float in and out of "Day," but the core of Gary Louris, Marc Perlman, Dan Murphy and Kraig Johnson give it a cohesion and consistency of vision within its variety of voices. Its one



Members of the creme de la indie-rock creme make up the sweet Gold Smog.

sign of timidity is its refusal to stray from the familiar territory of Beatles harmonies and dynamics, touches of the Band's Americana and Velvet Underground rock spirit.

Beyond the elemental pleasures of imaginative, passionately delivered rock and folk, "Day" offers a set of songs with a consistent viewpoint and emotional reach, whether it's the fierce reminder that "the dream is never over" or Tweedy's two tender ruminations on birth and death. RICHARD CROMELIN (LOS ANGELES TIMES)

## Entertainment



**HE NEEDS THE MONEY:** Bryan Singer is shrinking, but his power is growing. The "Superman Returns" director has signed a deal to develop three scripts for ABC TV. The deal is a generous one — it snags Singer a reported seven figures.

# Up Close and Heroic

**Role-playing games that fit into the palm of the player's hand**

**VIDEO GAMES** | The role-player is one of the most popular types of video games. Portable game consoles don't lend themselves to the kind of dedication needed to sit in front of a computer for hours. Yes, there have been a few Game Boy classics that flirted with role-playing elements, but one can only stare at a portable screen for so long. Nonetheless, Sony's PlayStation Portable has seen a flood of role-playing games recently.

→ **Astonishia Story** (UBISOFT)

This is your standard tale of a knight



**GIRDING FOR WAR:** Valkyrie Lenneth must recruit and train newly dead souls.

on a mission to recover a stolen relic, further marred by blocky graphics. Naturally, the theft is just part of a larger plot by an evil queen who wants to destroy the world. The battles are a little different, reminiscent of the tactical strategy of "Fire Emblem" or "Advance Wars" — albeit simplified beyond the point where they might be interesting.

→ **Valkyrie Profile: Lenneth** (SQUARE ENIX)

As the end of the world nears, Odin has asked Valkyrie Lenneth to recruit the souls of the newly dead to fight in a battle of good against evil. Recruits then have to be trained. The battles are really fun: Each of your four characters

is assigned a different button, so you can launch combo attacks by pressing more than one button at once. "Valkyrie Profile" has held up surprisingly well since its 2000 release, with the mostly 2D graphics translating perfectly to the PSP.

→ **The Legend of Heroes II: Prophecy of the Moonlight Witch** (NAMCO BANDAI)

What a generic title — why not just call it "Role-Playing Game"? And "LOH II" is about as generic as they come. Teenagers Chris and Jurio are booted out of their village on a coming-of-age quest in which they must visit five shrines scattered about the world of Tirasweel; they also learn of the Moonlight Witch, who predicted the destruction of their world. Still, the story moves along smoothly enough that you'll find yourself wanting to find out what's around the next corner. LOU KESTEN (AP)

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**CLERKS II** (R) - ID REQ'D DIG (1130 350) 745 1005  
**MY SUPER EX-GIRLFRIEND** (PG-13) DIG (100 350) 735 1010  
**LADY IN THE WATER** (PG-13) DIG (1145 230 500) 815 1030  
**MONSTER HOUSE** (PG) DIG (1135 1220 210 240 435 535) 705 725 945 1000  
**LITTLE MAN** (PG-13) DIG (1240 355) 645 930  
**YOU, ME AND DUPREE** (PG-13) DIG (1210 330) 700 925 1015  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST** (PG-13) DIG (205 445) 755 1025  
**THE DEVIL WEARS PRADA** (PG-13) DIG (915 1115)  
**SUPERMAN RETURNS** (PG-13) DIG (915 1115)  
**CARS** (G) DIG (1115)

Times For 8/1/06

Daily Bargain Matinees In ( )

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### AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

**THE ANT BULLY (PG)** ✓ 11:45, 1:00, 2:05, 3:15, 4:40, 5:30, 6:55, 7:50, 9:10, 10:10  
**JOHN TUCKER MUST DIE (PG13)** ✓ 12:55, 3:10, 5:25, 8:00, 10:25  
**MIAMI VICE (R)** ✓ 11:30, 1:30, 2:30, 4:30, 5:30, 7:45, 8:45, 10:45  
**CLERKS II (R)** 11:40, 2:15, 4:55, 7:35, 10:15  
**LADY IN THE WATER (PG13)** 12:10, 1:40, 2:40, 4:15, 5:20, 6:50, 8:05, 9:25, 10:40  
**LADY IN THE WATER (PG13)** 12:10, 2:40, 5:20, 8:05, 10:40  
**MONSTER HOUSE (PG)** 11:00, 12:30, 1:15, 3:05, 3:50, 5:40, 6:20, 7:55, 9:25  
**MY SUPER EX-GIRLFRIEND (PG13)** 11:05, 1:50, 4:25, 7:10, 8:20, 9:50, 10:45  
**LITTLE MAN (PG13)** 11:05, 12:20, 1:35, 3:00, 4:05, 5:35, 8:15, 9:15, 10:40  
**YOU, ME AND DUPREE (PG13)** 1:20, 4:10, 7:05, 10:00  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 11:35, 12:35, 1:55, 2:55, 3:55, 5:15, 6:15, 7:15, 8:35, 9:35, 10:35  
**THE DEVIL WEARS PRADA (PG13)** 11:20, 2:00, 4:35, 7:20, 9:55  
**SUPERMAN RETURNS (PG13)** 11:15, 2:45, 6:25, 9:45  
**CLICK (PG13)** 6:30, 10:20  
**CARS (G)** 11:10, 2:10, 5:05



**A SCANNER DARKLY (R)** 11:55, 2:35, 5:00, 7:30, 10:05  
**SCOOP (PG13)** ✓ 11:00, 1:45, 4:20, 7:00, 9:30

### AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road  
703-971-3991

**THE ANT BULLY (PG)** ✓ 12:40, 3:00, 5:15, 7:30, 9:50  
**JOHN TUCKER MUST DIE (PG13)** ✓ 12:45, 3:00, 5:15, 7:40, 10:10  
**MIAMI VICE (R)** ✓ 1:00, 4:15, 7:15, 10:15  
**CLERKS II (R)** 1:30, 4:50, 7:30, 9:50  
**LADY IN THE WATER (PG13)** 1:10, 4:20, 7:15, 10:00  
**MONSTER HOUSE (PG)** 12:50, 3:10, 5:30, 7:45, 10:00  
**MY SUPER EX-GIRLFRIEND (PG13)** 1:15, 4:30, 7:10, 9:30  
**LITTLE MAN (PG13)** 1:20, 4:40, 7:20, 9:45  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 12:30, 3:40, 7:00, 10:10  
**THE DEVIL WEARS PRADA (PG13)** 1:00, 4:10, 7:00, 9:40

### AMC MAZZA GALLERIE

Jenifer and Wisconsin  
202-537-9553

**JOHN TUCKER MUST DIE (PG13)** ✓ 1:00, 3:10, 5:20, 7:30, 9:50  
**CLERKS II (R)** 12:30, 2:45, 5:00, 7:15, 9:30  
**LADY IN THE WATER (PG13)** 12:00, 2:30, 5:00, 7:30, 10:00  
**MONSTER HOUSE (PG)** 12:30, 2:45, 5:00, 7:15, 9:30  
**YOU, ME AND DUPREE (PG13)** 1:30, 4:15, 9:45  
**THE DEVIL WEARS PRADA (PG13)** 12:15, 1:45, 2:45, 4:30, 5:25, 7:15, 8:05, 10:00

### LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

**REEL MOMS**  
**MY SUPER EX-GIRLFRIEND (PG13)**  
11:00 AM

#### DIGITAL 3D

**MONSTER HOUSE (PG)** 12:05, 2:25, 4:45, 7:05, 9:35  
**JOHN TUCKER MUST DIE (PG13)** ✓ 12:45, 3:00, 5:15, 7:35, 9:50  
**MIAMI VICE (R)** ✓ 12:50, 2:15, 4:00, 7:15, 8:00, 10:30  
**CLERKS II (R)** 12:00, 2:10, 4:35, 7:00, 9:30  
**LADY IN THE WATER (PG13)** 12:10, 2:40, 5:10, 7:55, 10:40  
**MY SUPER EX-GIRLFRIEND (PG13)** 2:05, 4:30, 6:55, 9:25  
**MY SUPER EX-GIRLFRIEND (PG13)** 2:05, 4:30, 6:55, 9:25  
**LITTLE MAN (PG13)** 1:55, 4:20, 6:45, 9:15  
**YOU, ME AND DUPREE (PG13)** 12:15, 2:55, 5:30, 8:10, 10:45  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 11:55, 12:50, 3:10, 4:10, 6:30, 7:30, 10:00, 10:45  
**THE DEVIL WEARS PRADA (PG13)** 11:40, 2:00, 4:40, 5:20, 7:25, 10:10, 11:10  
**SUPERMAN RETURNS (PG13)** 12:20, 3:45, 7:10, 10:35



**SCOOP (PG13)** ✓ 12:40, 3:05, 5:25, 7:45, 10:15

### LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
202-333-3456

**SUPERMAN RETURNS (PG13)** 12:00, 3:30, 7:00, 10:20

### AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

**THE ANT BULLY (PG)** ✓ 1:50, 4:15, 6:40, 9:00  
**JOHN TUCKER MUST DIE (PG13)** ✓ 2:00, 4:25, 6:50, 9:10  
**MIAMI VICE (R)** ✓ 12:00, 1:00, 3:00, 4:00, 6:00, 7:15, 9:15, 10:30  
**CLERKS II (R)** 12:45, 3:10, 5:30, 7:55, 10:20  
**LADY IN THE WATER (PG13)** 2:30, 5:15, 7:05, 8:00, 9:55, 10:45  
**MONSTER HOUSE (PG)** 12:50, 2:20, 3:20, 4:50, 5:40, 7:20, 8:15, 9:35  
**SUPER EX-GIRLFRIEND (PG13)** 12:30, 2:55, 5:20, 7:40, 10:10  
**LITTLE MAN (PG13)** 1:15, 2:15, 3:50, 4:45, 6:10, 8:35, 10:00  
**YOU, ME AND DUPREE (PG13)** 12:40, 3:25, 6:05, 8:40  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 12:15, 2:45, 3:45, 6:15, 7:00, 9:30, 10:15  
**THE DEVIL WEARS PRADA (PG13)** 2:25, 5:10, 7:45, 10:40  
**SUPERMAN RETURNS (PG13)** 12:10, 3:30, 6:55, 10:25  
**CLICK (PG13)** 7:25, 10:35  
**CARS (G)** 1:10, 4:10



**SCOOP (PG13)** ✓ 2:10, 4:35, 7:10, 9:40

### AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
410-423-0520

**THE ANT BULLY (PG)** 10:50, 1:10, 3:30, 5:50, 8:15, 10:35  
**JOHN TUCKER MUST DIE (PG13)** 11:55, 2:20, 4:45, 7:00, 9:20  
**MIAMI VICE (R)** 11:00, 2:00, 5:00, 8:00, 11:00  
**CLERKS II (R)** 11:45, 2:50, 5:35, 7:55, 10:25  
**LADY IN THE WATER (PG13)** 11:50, 2:45, 5:30, 8:10, 10:55  
**MONSTER HOUSE (PG)** 11:15, 1:35, 4:05, 6:25, 8:45  
**MY SUPER EX-GIRLFRIEND (PG13)** 11:20, 2:10, 5:05, 7:35, 10:00  
**LITTLE MAN (PG13)** 11:25, 2:25, 5:15, 7:40, 10:10  
**YOU, ME AND DUPREE (PG13)** 11:30, 2:30, 5:20, 7:50, 10:20  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 11:40, 3:00, 6:20, 7:30, 9:40, 10:50  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 12:30, 3:10, 5:30, 7:30, 9:30  
**THE DEVIL WEARS PRADA (PG13)** 11:10, 1:45, 4:25, 7:15, 9:50  
**SUPERMAN RETURNS (PG13)** 1:30, 7:20  
**CLICK (PG13)** 10:55, 4:50, 10:40  
**CARS (G)** 11:05, 1:50, 4:40  
**CARS (G)** 11:05, 1:50, 4:40



**SCOOP (PG13)** 11:35, 2:05, 4:35, 7:05, 9:35

### LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike  
703-506-9857 802

**REEL MOMS**  
**CLICK (PG13)** 11:00 AM  
**LADY IN THE WATER (PG13)** 1:00, 5:00, 7:45, 10:05  
**CLICK (PG13)** 1:30, 4:45, 7:30, 10:05  
**GARFIELD 2 (PG)** 1:15, 3:15, 5:25  
**CARS (G)** 1:45, 4:30, 7:15, 9:50  
**X-MEN 3 (PG13)** 12:45, 4:15, 7:30, 9:55  
**THE DA VINCI CODE (PG13)** 12:30, 4:00, 7:00, 10:00



**A SCANNER DARKLY (R)** 2:00, 4:10, 7:10, 9:50  
**THE LAKE HOUSE (PG)** 7:50, 9:55  
**AN INCONVENIENT TRUTH (PG)** 12:15, 2:30, 5:15, 7:55, 10:00

### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220 844

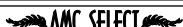
**THE ANT BULLY (PG)** 12:55, 3:05, 5:20, 7:40, 10:00  
**JOHN TUCKER MUST DIE (PG13)** 2:10, 4:40, 7:10, 9:40  
**MIAMI VICE (R)** 12:50, 1:20, 4:00, 4:20, 7:00, 7:30, 9:45, 10:45  
**CLERKS II (R)** 2:20, 5:30, 7:50, 10:05  
**LADY IN THE WATER (PG13)** 2:30, 5:30, 8:10, 10:40  
**MONSTER HOUSE (PG)** 12:45, 3:00, 5:10, 7:50, 10:10  
**MONSTER HOUSE (PG)** 12:45, 3:00, 5:10, 7:50, 10:10  
**MY SUPER EX-GIRLFRIEND (PG13)** 2:15, 4:45, 7:15, 9:55  
**LITTLE MAN (PG13)** 2:05, 4:35, 7:05, 8:05, 9:35, 10:35  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 12:40, 3:50, 7:05, 10:25  
**SUPERMAN RETURNS (PG13)** 1:40, 5:00



**SHADOWBOXER (R)** 1:00, 3:15, 5:45, 8:00, 10:30

### LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801



**A SCANNER DARKLY (R)** 1:10, 4:40, 7:40, 9:50  
**SCOOP (PG13)** 1:00, 3:40, 7:30, 9:40  
**SHADOWBOXER (R)** 2:00, 4:20, 7:50, 10:00  
**WHO KILLED THE ELECTRIC CAR? (PG)** 1:50, 4:30, 7:00, 9:00  
**WORDPLAY (PG)** 1:40, 4:10, 7:10, 9:20  
**A PRAIRIE HOME COMPANION (PG13)** 1:20, 3:50, 7:00, 9:10  
**AN INCONVENIENT TRUTH (PG)** 1:30, 4:50, 7:20, 9:30

### AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

**THE ANT BULLY (PG)** ✓ 11:00, 1:10, 3:20, 5:30, 7:40, 9:50  
**JOHN TUCKER MUST DIE (PG13)** ✓ 12:35, 2:55, 5:15, 7:50, 10:15  
**MIAMI VICE (R)** ✓ 11:25, 12:55, 2:25, 4:05, 5:35, 7:15, 8:40, 10:25  
**CLERKS II (R)** 12:45, 3:15, 5:45, 8:10, 10:35  
**LADY IN THE WATER (PG13)** 11:10, 1:50, 4:45, 7:45, 10:30  
**MONSTER HOUSE (PG)** 10:50, 1:05, 3:25, 5:40, 8:00, 10:10  
**MY SUPER EX-GIRLFRIEND (PG13)** 11:30, 1:55, 5:00, 10:45  
**LITTLE MAN (PG13)** 1:35, 4:20, 7:05, 9:30  
**YOU, ME AND DUPREE (PG13)** 1:40, 4:25, 7:10, 9:45  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 10:55, 11:50, 12:50, 2:05, 3:10, 4:10, 5:20, 6:30, 7:30, 8:35, 9:55, 10:50  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 12:50, 4:10, 10:50  
**THE DEVIL WEARS PRADA (PG13)** 11:20, 2:00, 4:40, 7:25, 10:05  
**SUPERMAN RETURNS (PG13)** 12:25, 4:15, 7:35, 10:55



**SCOOP (PG13)** 1:15, 3:35, 5:55, 8:15, 10:40

### AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.  
703-998-4AMC

**THE ANT BULLY (PG)** ✓ 12:40, 3:10, 5:45, 8:15  
**JOHN TUCKER MUST DIE (PG13)** ✓ 12:50, 3:20, 5:35, 8:00  
**MIAMI VICE (R)** ✓ 12:30, 1:40, 4:00, 4:40, 7:00, 7:40  
**CLERKS II (R)** 1:25, 4:15, 7:25  
**LADY IN THE WATER (PG13)** 1:30, 4:50, 7:45  
**MONSTER HOUSE (PG)** 12:35, 3:10, 5:40, 8:20  
**MY SUPER EX-GIRLFRIEND (PG13)** 1:15, 4:20, 7:30  
**LITTLE MAN (PG13)** 1:00, 4:10, 6:30, 7:20  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 12:45, 4:00, 7:20  
**SUPERMAN RETURNS (PG13)** 12:25, 3:50, 7:10  
**CARS (G)** 12:30, 3:25

### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

**JOHN TUCKER MUST DIE (PG13)** ✓ 12:20, 2:30, 4:30, 6:45, 9:10  
**CLERKS II (R)** 12:30, 2:45, 5:00, 5:40, 7:20, 8:00, 9:40, 10:15  
**LADY IN THE WATER (PG13)** 12:00, 12:45, 2:35, 3:30, 5:05, 6:15, 7:30, 9:05, 10:05  
**MONSTER HOUSE (PG)** 12:15, 2:40, 4:45, 7:00, 9:15  
**YOU, ME AND DUPREE (PG13)** 1:00, 4:05, 6:50, 9:30  
**CARS (G)** 12:05, 3:00



**A SCANNER DARKLY (R)** ✓ 1:30, 4:15, 6:30, 9:00

### AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.  
703-998-4AMC

**MIAMI VICE (R)** ✓ 1:00, 4:00, 7:00, 10:00  
**CLERKS II (R)** 1:15, 4:30, 7:00, 9:30  
**MONSTER HOUSE (PG)** 1:00, 3:15, 5:30, 8:00, 10:10  
**MY SUPER EX-GIRLFRIEND (PG13)** ✓ 1:45, 4:15, 7:45, 10:10  
**LITTLE MAN (PG13)** 1:30, 4:15, 7:30, 9:45  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 12:45, 4:00, 7:15, 10:30

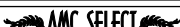
### LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.  
202-334-3456

**THE ANT BULLY (PG)** 12:10, 2:30, 4:50, 7:10  
**MIAMI VICE (R)** 12:20, 1:30, 3:20, 4:40, 6:40, 7:30  
**MY SUPER EX-GIRLFRIEND (PG13)** 1:55, 4:25, 7:05  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 12:45, 2:45, 4:10, 7:20

### LOEWS DUPONT 5

1350 19th St.  
202-333-3456



**A SCANNER DARKLY (R)** 2:30, 4:30, 6:15, 7:30, 9:20, 9:45  
**WORDPLAY (PG)** 2:20, 5:00, 7:40, 9:50  
**A PRAIRIE HOME COMPANION (PG13)** 2:40, 5:00, 7:20, 9:40  
**THE LOST CITY (R)** 2:15, 5:30, 8:30  
**WATER (PG13)** 2:00, 7:00

### LOEWS WHITE FLINT 5

North Bethesda  
310-423-1014 741

**MIAMI VICE (R)** 1:15, 4:15, 7:15, 10:15  
**LADY IN THE WATER (PG13)** 12:00, 2:35, 5:05, 7:35, 10:25  
**MONSTER HOUSE (PG)** 12:10, 2:30, 4:45, 7:05, 9:30  
**PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13)** 12:15, 3:30, 7:00, 10:05  
**THE DEVIL WEARS PRADA (PG13)** 11:55, 2:40, 5:10, 7:45, 10:20

Times for Tuesday, August 1, 2006

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# Television

**HELLO, I MUST BE GOING:** In a turnaround that's quick even by fickle-TV standards, actress Nona Gaye has left the cast of NBC's "Law & Order: Criminal Intent" shortly after she signed on to play the new ADA. The reason: ye olde "creative differences."



## BBC's Boiling Romance Pot

**'Love Soup' keeps the perfect couple tantalizingly apart**

**DEBUT** | Based on the age-old notion that there's a Mr. or Ms. Right waiting out there for everyone, "Love Soup" follows two misfits looking for love in all the wrong places.

The BBC America romantic comedy (10 p.m.) stars Tamsin Greig as Alice Chenery, a perfume account manager in a London department store, and Michael Landes as Gil Raymond, a successful American comedy writer who moved to the English coun-



**WHAT'S IN THIS?** Judging by the first episode, someone burned the "Love Soup."

tryside looking for romance.

As they endure a series of mismatches, bad dates and sexually promiscuous workmates, Gil and Alice seem to be living parallel lives. Each episode displays their doomed

attempts to find the similarly quirky person who will bring them the happiness they deserve.

They just might be perfect for each other. But will they ever hook up? **FRAZIER MOORE (AP)**

### ON TV TONIGHT

**THEY ALL LOOK SO DELICIOUS**  
**THE PERFECT SHARK** (9 p.m., Discovery)  
Host Mike deGuys's aquarium time machine takes us back to the era of the long-extinct megalodon, which grew to 60 feet in length.

**A REALLY, REALLY NEW YOU**  
**QUEER EYE** (10 p.m., Bravo) A makeover that transcends clothes, hair and makeup. Born Amelia and raised in rural Vermont in a religious household, she began calling herself Miles in college and has taken hormones to pass as a man. The gang offers advice to help Miles feel comfortable in a transformed identity.

**WE CAN TALK FREELY NOW THAT**  
**JAMES LIPTON ISN'T AROUND**  
**PRIVATE SCREENINGS** (8 p.m., TCM)  
Angela Lansbury discusses her career.



Male-presenting Miles (with Carson Kressley) embarks on a new wardrobe.

After, watch her great performance in **THE MANCHURIAN CANDIDATE** (9 p.m., TCM).

**POOCH POSSE**  
**DOG WHISPERER: POWER OF THE PACK** (9 p.m., National Geographic) Cesar and his more than 50 canine companions. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

| 8:10G                 | 6:00 PM   | 6:30  | 7:00   | 7:30  | 8:00  | 8:30  | 9:00   | 9:30                    | 10:00   | 10:30                   | 11:00                                | 11:30              |
|-----------------------|---|---|--|---|---|---|--|-------------------------|---|-------------------------|--------------------------------------|--------------------|
| <b>LOCAL CHANNELS</b> | <b>WRC</b> [4] News [3]                           |   | NBC Nightly News   | Access Hollywood  | Fear Factor "BK Viewer's Choice" (N)                                      |   | Last Comic Standing (N) [1] [3]  |                         | Law & Order: Special Victims Unit [1]   |                         | News [3]                             | Tonight Show       |
|                       | <b>WTTG</b> [5] Seinfeld [1] [3]                  | The Simpsons [1]  | The Simpsons [1]   | Seinfeld [1] [3]  | House "Clueless" [1] [3]  |   | Bones "Two Bodies in the Lab" [1]  |                         | News  |                         | News [3]                             | Geraldo at Large   |
|                       | <b>WJLA</b> [7] News [3]                          | ABC Wild News   | Wheel of Fortune   | Jeopardy! [3]   | According to Jim  | The One: Making a   | Music Star (S Live) [3]  |                         | Boston Legal "The Cancer Man Can"   |                         | News [3]                             | (:35) Nightline    |
|                       | <b>WUSA</b> [9] News [3]                          | CBS News  | 9News Tonight  | Entertainment   | Big Brother: All-Stars (N) [1] [3]  |   | Rock Star: Supernova (N) [1] [3]   |                         | 48 Hours Mystery [1] [3]  |                         | News [3]                             | Late Show          |
|                       | <b>WDCB</b> [20] King of the Hill [1]             | That '70s Show  | That '70s Show   | Every-Raymond   | Veronica Mars [1] [3]   |   | Veronica Mars "The Rapes of Graff"   |                         | The Tyra Banks Show [3]   |                         | Girlfriends [3]                      | Girlfriends [3]    |
|                       | <b>WMPT</b> [22] The NewsHour With Jim Lehrer (N) | Business Rpt.   | Business Rpt.  | Outdoors Md.  | Nova "This Old Pyramid" [1] [3]   |   | The Mystery of Chaco Canyon [3]  |                         | Wide Angle "Flying Down to Kabul"   |                         | Billy Graham: God's Ambassador [1]   |                    |
|                       | <b>WETA</b> [26] BBC World News                   | Business Rpt.   | The NewsHour With Jim Lehrer (N)                                       | Moneywise   | Nova "This Old Pyramid" [1] [3]   |   | Gladiators: The Brutal Truth [1]   |                         | Wide Angle "Flying Down to Kabul"   |                         | P.O.V. (N Subtitled-English) [1] [3] |                    |
|                       | <b>WHUT</b> [32] World Business                   | Tavis Smiley [1]  | BBC World News   | Moneywise   | Mystery! A brutal murder near a family estate. [1]                        |   | From Pictures  |                         | BBC World News  | Tavis Smiley [1]        | Charlie Rose Lee Scott (N) [1] [3]   |                    |
|                       | <b>WDCW</b> [50] My Wife and Kids                 | Bernie Mac  | My Wife and Kids   | Bernie Mac  | Gilmore Girls [1] [3]   |   | Gilmore Girls [1] [3]  |                         | Friends [1] [3]   | Friends [1] [3]         | Sex and the City                     | Sex and the City   |
| <b>BASIC CABLE</b>    | <b>A&amp;E</b>                                    | Cold Case Files [3]   | Crossing Jordan "Death Toll" [3]                                       | Confrontation   | Bounty Hunter   | Bounty Hunter   | Bounty Hunter  | King of Cars            | King of Cars  | Andre the Giant (N) [3] |                                      |                    |
|                       | <b>Animal</b>                                     | The Crocodile Hunter Diaries [3]  | The Most Extreme "Predators" [3]                                       | The Most Extreme Big cats. [3]  | Profiles of Nature [3]  |   | Animal Cops Detroit [3]  |                         | The Most Extreme Big cats. [3]  |                         | Jamie Foxx                           | Jamie Foxx         |
|                       | <b>BET</b>  | 106 & Park: BET's Top 10 Live [3]                                       | Movie Special (N)  | ★ ★ "Beef II" (2004, Documentary)   | Work Out [3]  |   | Work Out (N) [3]   |                         | Queer Eye for the Straight Guy (N)  |                         | Work Out [3]                         |                    |
|                       | <b>Bravo</b>                                      | America's Got Talent [1] [3]  | The West Wing [1]  | Reel Comedy (N)   | Daily Show  | Colbert Report  | Chappelle's Show   | South Park [3]          | Chappelle's Show  | Reno 911! [3]           | The Daily Show                       | Colbert Report     |
|                       | <b>Comedy</b>                                     | (5:30) ★ ★ "Committed" (2000) Heather Graham. [3]                       | Reel Comedy (N)  | Daily Show  | Colbert Report  | Chappelle's Show  | South Park [3]   | Chappelle's Show        | Reno 911! [3]   | The Daily Show          | Colbert Report                       |                    |
|                       | <b>Court</b>                                      | Forensic Files  | Forensic Files   | Cops [1] [3]  | Cops "Las Vegas"  | Cops "Las Vegas"  | Cops "Las Vegas"   | Cops "Las Vegas"        | Inside the Aryan Brotherhood (N)  |                         | Masterminds                          | Masterminds        |
|                       | <b>Discovery</b>                                  | How It's Made   | How It's Made  | Shark Attack Rescuers [3]   | Shark Attack: Predators   |   | Perfect Shark Evolution of sharks. (N)   |                         | Dirty Jobs: Jobs That Bite (N)  |                         | Dirty Jobs: Jobs That Bite (N)       |                    |
|                       | <b>DISCH</b>                                      | Paramedics "On the Streets" [3]   | Trauma: Life in the ER "Trial by Fire"                                 | Medical Maverick Gunshot Injuries.  | Untold Stories of the E.R. [3]  |   | Strictly Dr. Drew Danny Bonaduce. (N)  |                         | Medical Maverick Gunshot injuries.  |                         | Medical Maverick Gunshot injuries.   |                    |
|                       | <b>Disney</b>                                     | That's So Raven   | Zack & Cody  | Phil of the Future  | That's So Raven   | ★ ★ "The Cheetah Girls" (2003, Comedy-Drama) Raven, Lynn Whitfield. [3] | American Drgn  | American Drgn           | Zack & Cody   | That's So Raven         |                                      |                    |
|                       | <b>E!</b>   | Worst Red Carpet Moments  | E! News (N)  | The Daily 10 (N)  | Reese Witherspoon: Golden Girl  | Hilary Duff Revealed  | The Girls Next Door  |                         | E! News   | The Daily 10            |                                      |                    |
|                       | <b>FX</b>   | King of the Hill [1]  | King of the Hill [1]   | That '70s Show  | That '70s Show  | ★ ★ "Kiss of the Dragon" (2001, Action) Jet Li, Bridget Fonda.          | Rescue Me "Pieces" (N)   |                         | (:05) Rescue Me "Pieces"  |                         |                                      |                    |
|                       | <b>HGTV</b>                                       | Renovation  | If Walls Could   | What's-House?   | House Hunters   | Designed to Sell  | Bad, Bad Bath  | Decorating Cents        | Curb Appeal (N)   | House Hunters           | Buy Me [1]                           | Parents House      |
|                       | <b>Family</b>                                     | 7th Heaven "Liar, Liar" [1] [3]   | 7th Heaven "Love Stinks" [3]   |   | ★ ★ ★ "Dirty Dancing" (1987, Romance) Jennifer Grey, Patrick Swayze.      | Decoding the Past Freemasonry.  | Mega Disasters "Mega Blast" (N)  |                         | Mega Movers "B-25 Bomber" [3]   |                         | Modern Marvels: Extreme Aircraft     |                    |
|                       | <b>History</b>                                    | Shootout! "Battle for Baghdad" [3]                                      | Modern Marvels: Desert Tech [3]  |   | Leigh Cook. Premiere. [3]   | "Friends 'Til the End" (1997) Shannen Doherty, Jennifer Blanc. [3]      | The Real World   | The Real World          | Tia Girls (N) [1]   |                         | Will & Grace                         | Will & Grace       |
|                       | <b>Lifetime</b>                                   | The Golden Girls  | "Tempo" (2003) Melanie Griffith, Rachael                               | Super Sweet   | Super Sweet   |   | The Real World   | The Real World          | Tia Girls (N) [1]   |                         | Final Fu [1]                         | Making Band        |
|                       | <b>MTV</b>  | Can't Be You  | Room Raiders (N)   | Fairly OddParents   | Jimmy Neutron   | SpongeBob   | Zoey 101 [3]   |                         | Full House [3]  | Hi-Jinks (N) [3]        | Roseanne [3]                         | (:35) Roseanne [1] |
|                       | <b>NICK</b>                                       | Ned's School  | Danny Phantom  | Fairly OddParents   | Jimmy Neutron   | SpongeBob   | Zoey 101 [3]   |                         | Full House [3]  | Hi-Jinks (N) [3]        | Roseanne [3]                         | (:35) Roseanne [1] |
|                       | <b>SCI FI</b>                                     | Stargate SG-1 "Evolution" [3]   | Dead Like Me "Repercussions" [1]                                       | Dead Like Me "Reaping Havoc" [1]  | Eureka "Before I Forget" (N) [3]  |   | ECW (Live)   |                         | Who Wants to Be a Superhero? [1]  |                         |                                      |                    |
|                       | <b>SPIKE</b>                                      | World's Wildest Police Videos [3]                                       | CSI: Crime Scene Investigation [3]                                     | CSI: Crime Scene Investigation [3]  | Friends [1] [3]   | Friends [1] [3]   | Overhaulin' "Lemama's Boy" [3]   |                         | Miami Ink "Woman in a Man's World"  |                         | Overhaulin' "Lemama's Boy" [3]       |                    |
|                       | <b>TBS</b>  | Seinfeld [1] [3]  | Seinfeld [1] [3]   | Without a Trace [1] [3]   | Law & Order "American Jihad" [1]  |   | ★ ★ "The World Is Not Enough" (1999, Action) Pierce Brosnan, Sophie Marceau, Robert Carlyle. [1] |                         | (:15) Seinfeld  | (:45) Seinfeld          | (:15) ★ ★ ★ "Cool Runnings" (1993)   |                    |
|                       | <b>TLC</b>  | While You Were Out [3]  | Overhaulin' "Fixing up a 1967 Galaxie."                                | Rides Graphic artist. [3]   | Overhaulin' "Lemama's Boy" [3]  |   | Law & Order "True Crime" [1]   |                         | Law & Order "DR 1-102" [1]  |                         | Cold Case "Boy in the Box" [3]       |                    |
|                       | <b>TNT</b>  | Law & Order "Standoff" [1]  | Without a Trace [1] [3]  | Law & Order: Criminal Intent [3]  | Law & Order: Special Victims Unit [1]                                     |   | ★ ★ "Collateral Damage" (2002, Action) Arnold Schwarzenegger, Elias Koteas. [3]                  |                         | ★ ★ "Rock Star" (2001) Mark Wahlberg. A singer lands a gig with his heavy-metal heroes. [1] |                         | Tommy Lee                            |                    |
|                       | <b>USA</b>  | (5:00) ★ ★ ★ "Intolerable Cruelty"                                      | Where: Celebrity Fit Club  | 40 Freakiest Concert Moments [1]  |   |   |  |                         |   |                         |                                      |                    |
| <b>SPAN.</b>          | <b>TELEM</b>                                      | Sala de Parejas   | Noti-Telemndo  | Viuda de Blanco   | Tierra de Pasiones  | Amores de Mercado   | Decisiones   |                         | Noti-Telemndo   |                         | Laura                                |                    |
|                       | <b>UNIV</b>                                       | Que Locura  | Noticiero Univ   | Heridas de Amor (N)   | La Fea Más Bella (N)  | Barrera de Amor (N)   | Que Madre Tan  | Vecinos                 | Primer Impacto  |                         | Noticiero Univ.                      |                    |
| <b>SPORTS</b>         | <b>ESPN</b>                                       | SportsCenter (Live) [3]   | World Series of Darts (N)  | 2006 World Series of Poker (Taped)  | 2006 World Series of Poker (Taped)  | The Contender (N)   |  | SportsCenter (Live) [3] |   |                         |                                      |                    |
|                       | <b>ESPN2</b>                                      | Mike and Mike   | Around the Horn  | Interruption  | Streetball [3]  | WNBA Basketball Indiana Fever at Detroit Shock. (Live) [3]              | WNBA Basketball Houston Comets at Sacramento Monarchs. (Live) [3]                                |                         |   |                         |                                      |                    |
|                       | <b>CSN</b>  | In Focus on FSN   | SportsNite [3]   | MLB Baseball Seattle Mariners at Baltimore Orioles. From Oriole Park at Camden Yards in Baltimore. (Live) |   | SportsNite (Live) [3]   | WNBA Weekly  |                         |   |                         |                                      |                    |
| <b>NEWS</b>           | <b>CNN</b>  | Lou Dobbs Tonight [3]   | The Situation Room   | Paula Zahn Now [3]  | Larry King Live [3]   | Anderson Cooper 360 [3]   |  |                         |   |                         |                                      |                    |
|                       | <b>FNC</b>  | Special Report (Live) [3]   | The Fox Report With Shepard Smith                                      | Hannity & Colmes (Live) [3]   | Scarborough Country   | Inv: To Love and to Kill  |  |                         |   |                         |                                      |                    |
|                       | <b>MSNBC</b>                                      | Tucker  | Hardball [3]   | Countdown With Keith Olbermann  |   |   |  |                         |   |                         |                                      |                    |
| <b>MOVIES</b>         | <b>AMC</b>  | (5:30) ★ ★ "Murder by Numbers" (2002, Suspense) Sandra Bullock. 'R' [3] | ★ ★ "Kind Lady" (1951) Ethel Barrymore. 'NR' [3]                       | ★ ★ ★ "Beverly Hills Cop" (1984) Eddie Murphy. 'R' [3]  | ★ ★ ★ "The Manichurian Candidate" (1962, Suspense) Frank Sinatra. 'PG-13' | ★ ★ ★ "Colors" (1988, Crime Drama) Sean Penn, Robert Duvall. 'R'        |  |                         |   |                         |                                      |                    |
|                       | <b>TCM</b>  | 3 Musketeers  | ★ ★ "Dave" (1993, Comedy) Kevin Kline, Frank Langella. [1] 'PG-13' [3] | ★ ★ ★ "Kingdom of Heaven" (2005, Historical Drama) Orlando Bloom, Eva Green. [1] 'R' [3]                  | ★ ★ ★ "The Manichurian Candidate" (1962, Suspense) Frank Sinatra. 'PG-13' | ★ ★ ★ "Colors" (1988, Crime Drama) Sean Penn, Robert Duvall. 'R'        |  |                         |   |                         |                                      |                    |
|                       | <b>HBO</b>  | Supercross: Mo  | ★ ★ "The Grudge" (2004) Sarah Michelle Gellar. 'PG-13'                 | ★ ★ ★ "Beverly Hills Cop" (1984) Eddie Murphy. 'R' [3]  | ★ ★ ★ "The Manichurian Candidate" (1962, Suspense) Frank Sinatra. 'PG-13' | ★ ★ ★ "Colors" (1988, Crime Drama) Sean Penn, Robert Duvall. 'R'        |  |                         |   |                         |                                      |                    |
|                       | <b>MAX</b>  | (4:15) Spanglish  | ★ ★ "The Grudge" (2004) Sarah Michelle Gellar. 'PG-13'                 | ★ ★ ★ "Beverly Hills Cop" (1984) Eddie Murphy. 'R' [3]  | ★ ★ ★ "The Manichurian Candidate" (1962, Suspense) Frank Sinatra. 'PG-13' | ★ ★ ★ "Colors" (1988, Crime Drama) Sean Penn, Robert Duvall. 'R'        |  |                         |   |                         |                                      |                    |
|                       | <b>SHOW</b>                                       | (5:15) ★ "The Cookout" (2004) [3]                                       | (6:55) ★ ★ "Saved!" (2004) Jena Malone. 'PG-13' [3]                    | ★ ★ ★ "Beverly Hills Cop" (1984) Eddie Murphy. 'R' [3]  | ★ ★ ★ "The Manichurian Candidate" (1962, Suspense) Frank Sinatra. 'PG-13' | ★ ★ ★ "Colors" (1988, Crime Drama) Sean Penn, Robert Duvall. 'R'        |  |                         |   |                         |                                      |                    |
|                       | <b>TMC</b>  | (4:40) Mad Love   | (:20) ★ ★ "The Big Easy" (1986) Dennis Quaid. 'R'                      | ★ ★ "Donnie Darko" (2001, Fantasy) Jake Gyllenhaal. [1] 'R' [3]   | ★ ★ "Flightplan" (2005) Jodie Foster. [1] 'PG-13' [3]                     | ★ ★ "Man of the House" (2005) Tommy Lee Jones.                          |  |                         |   |                         |                                      |                    |
|                       | <b>STARZ!</b>                                     | (5:30) ★ ★ "Ice Princess" (2005) 'G'                                    | (:15) ★ ★ "Christmas With the Kranks" (2004) Tim Allen. [1] 'PG' [3]   | ★ ★ "Flightplan" (2005) Jodie Foster. [1] 'PG-13' [3]   | ★ ★ "Man of the House" (2005) Tommy Lee Jones.                            |   |  |                         |   |                         |                                      |                    |
|                       | <b>ENCORE</b>                                     | (:15) ★ ★ "In the Army Now" (1994, Comedy) Pauly Shore. [1] 'PG' [3]    |  | ★ ★ "The Adventures of Sharkboy and Lavagirl" (2005)  | (:35) ★ ★ "Tango & Cash" (1989) Sylvester Stallone. [1] 'R' [3]           | Things to Do  |  |                         |   |                         |                                      |                    |

**CASEY AT THE BAT:** The major league-leading Tigers traded for first baseman Sean Casey on Monday and optioned Chris Shelton in order to make room. Casey was batting .296 with three homers and 59 RBIs for the Pirates, who were baseball's biggest sellers this year.



Sports

D.C. Keeps Hold of All-Star Soriano

Nats rejoice over the left fielder's return to the team clubhouse

NATIONALS | Alfonso Soriano made his way through the clubhouse to his locker walking on a makeshift red carpet, a pathway constructed of white towels taped to the floor.

Hours after learning their star leadoff hitter and left fielder would be staying put with Washington, his Nationals teammates greeted Soriano with cheers and chants of "Soriano! Soriano!" when he arrived Monday for a game against the San Francisco Giants.

"I'm happy," said Soriano, who got word from Nationals special assistant Jose Rijo about 20 minutes before the deadline.

"I love my teammates, too. I think they were happy to see me walk in here."

From his locker hung streamers in team colors, a special chair replaced the standard clubhouse offering, and a giant fruit basket and



Alfonso Soriano rounds the bases after a solo home run against the Giants last week. After much hoopla, the Nationals decided not to trade Soriano for prospects.

bottle of Dom Perignon champagne waited at his feet. "Vive Soriano!" — "Soriano Lives!" read one sign. "We love you!" stated another.

Eventually, Soriano tore down the fiesta and pulled on his navy undershirt to get ready for work.

"I think it's a period of time now when everybody can exhale out there and go out and focus on the game," manager Frank Robinson said. "It's nice to put his name down on the lineup, absolutely."

Now, Soriano's up-and-down tenure with the Nationals will last at least until the end of this season. The five-time All-Star was thought to be the most prized player available on the market, but the Nationals decided to keep him rather than swapping him for prospects.

Entering Monday, Soriano was batting .286 with 32 homers, 64 RBIs and 26 steals.

"We do love Alfonso and what he's done for our team and what he means to our team and what he means to our fans," Nationals president Stan Kasten said. (AP)

Swengali

BASEBALL | BY MATT SWENSON

Ripken Should Be Unanimous

INSTEAD OF WASTING our time debating whether Mark McGwire will make the Hall of Fame next year — he won't — let's talk about someone who will.

Cal Ripken, he of the 2,632 consecutive games, 3,184 hits, 19 All-Star appearances and two MVPs, is a lock to be elected the first year he's on the ballot. Joining him will be all-world hitter Tony Gwynn.

Despite the stats, there will be at least one sportswriter who will vote against Ripken. In fact, several will. Why? The record 350 double plays the Orioles great grounded into? Or his somewhat pedestrian .276 average?

The nitpicking criticisms have nothing to do with it.

A long, long time ago — way

Mets Acquire Replacement Reliever

BASEBALL | After stellar setup man Duaner Sanchez was injured in a taxi accident, the New York Mets quickly found some bullpen help Monday by acquiring pitchers Roberto Hernandez and Oliver Perez from the Pittsburgh Pirates for outfielder Xavier Nady.

The 41-year-old Hernandez did a solid job as a setup man for the Mets last season. He is 0-3 with two saves and a 2.93 ERA this year.

The 24-year-old Perez has fallen off after a big season in 2004. The lefty went 2-10 with a 6.63 ERA for Pittsburgh this year. (AP)

Maddux Is Sent to L.A. In an 11th-Hour Trade

Dodgers also acquire shortstop Julio Lugo for second-half push

BASEBALL | Greg Maddux was dealt to the Los Angeles Dodgers in the biggest deal before baseball's non-waiver trade deadline Monday.

Maddux, a 327-game winner and four-time Cy Young Award winner, waived his no-trade clause and accepted the trade to Los Angeles. The Dodgers sent Gold Glove infielder Cesar Izturis to the Cubs.

Maddux started the season 5-0, but the 40-year-old right-hander has won only four games since. He is 9-11 with a 4.69 ERA in 22 starts. Earlier, the Cubs traded infielder Todd Walker and cash to San Diego for minor league right-hander Jose Ceda.



Greg Maddux, 40, has won just four games since starting the season 5-0.

Los Angeles, last in the tightly grouped NL West, also acquired shortstop Julio Lugo from the Tampa Bay Devil Rays. RONALD BLUM (AP)

"Despite the stats, there will be at least one sportswriter who will vote against Ripken."

before Darth Vader — baseball writers decided no one should be elected unanimously to the Hall.

Babe Ruth, Willie Mays, Ted Williams and Jackie Robinson weren't good enough. The closest to 100 percent was Tom Seaver (98.84) in 1992.

Beyond redefining how shortstop is played and his overall excellence, Ripken's surpassing Lou Gehrig with consecutive game No. 2,131 was one of sports' most magical moments.

It's too late to correct past voting, but not to end a snobby tradition. Ripken's the perfect player to be elected to immortality by all voting writers.

That should be the story next year, not Big Mac's needlepoint.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

MLB

| AMERICAN LEAGUE |    |    |      |      |       |       |  |  |  |
|-----------------|----|----|------|------|-------|-------|--|--|--|
| EAST            | W  | L  | PCT. | GB   | HOME  | ROAD  |  |  |  |
| Boston          | 62 | 41 | .602 | —    | 33-15 | 29-26 |  |  |  |
| N.Y. Yankees    | 61 | 41 | .598 | 0.5  | 33-19 | 28-22 |  |  |  |
| Toronto         | 57 | 48 | .543 | 6    | 35-21 | 22-27 |  |  |  |
| Baltimore       | 48 | 58 | .453 | 15.5 | 28-27 | 20-31 |  |  |  |
| Tampa Bay       | 43 | 62 | .410 | 20   | 25-23 | 18-39 |  |  |  |
| CENTRAL         | W  | L  | PCT. | GB   | HOME  | ROAD  |  |  |  |
| Detroit         | 70 | 34 | .673 | —    | 33-17 | 37-17 |  |  |  |
| Chicago         | 61 | 42 | .592 | 8.5  | 34-19 | 27-23 |  |  |  |
| Minnesota       | 60 | 43 | .583 | 9.5  | 38-13 | 22-30 |  |  |  |
| Cleveland       | 45 | 58 | .437 | 24.5 | 26-29 | 19-29 |  |  |  |
| Kansas City     | 37 | 67 | .356 | 33   | 22-27 | 15-40 |  |  |  |
| WEST            | W  | L  | PCT. | GB   | HOME  | ROAD  |  |  |  |
| Oakland         | 55 | 50 | .524 | —    | 28-25 | 27-25 |  |  |  |
| L.A. Angels     | 54 | 50 | .519 | 0.5  | 24-24 | 30-26 |  |  |  |
| Texas           | 52 | 53 | .495 | 3    | 26-30 | 26-23 |  |  |  |
| Seattle         | 51 | 53 | .490 | 3.5  | 28-26 | 23-27 |  |  |  |

| NATIONAL LEAGUE |    |    |      |      |       |       |  |  |  |
|-----------------|----|----|------|------|-------|-------|--|--|--|
| EAST            | W  | L  | PCT. | GB   | HOME  | ROAD  |  |  |  |
| N.Y. Mets       | 63 | 41 | .606 | —    | 30-21 | 33-20 |  |  |  |
| Philadelphia    | 49 | 54 | .476 | 13.5 | 27-30 | 22-24 |  |  |  |
| Atlanta         | 48 | 56 | .462 | 15   | 22-28 | 26-28 |  |  |  |
| Florida         | 48 | 56 | .462 | 15   | 25-24 | 23-32 |  |  |  |
| Washington      | 46 | 59 | .438 | 17.5 | 26-24 | 20-35 |  |  |  |
| CENTRAL         | W  | L  | PCT. | GB   | HOME  | ROAD  |  |  |  |
| St. Louis       | 58 | 46 | .558 | —    | 31-19 | 27-27 |  |  |  |
| Cincinnati      | 55 | 50 | .524 | 3.5  | 27-25 | 28-25 |  |  |  |
| Milwaukee       | 50 | 55 | .476 | 8.5  | 32-23 | 18-32 |  |  |  |
| Houston         | 49 | 56 | .467 | 9.5  | 30-26 | 19-30 |  |  |  |
| Chicago         | 43 | 61 | .413 | 15   | 21-28 | 22-33 |  |  |  |
| Pittsburgh      | 40 | 66 | .377 | 19   | 27-26 | 13-40 |  |  |  |
| WEST            | W  | L  | PCT. | GB   | HOME  | ROAD  |  |  |  |
| San Diego       | 55 | 50 | .524 | —    | 25-28 | 30-22 |  |  |  |
| Arizona         | 53 | 51 | .510 | 1.5  | 26-26 | 27-25 |  |  |  |
| San Fran.       | 51 | 54 | .486 | 4    | 29-24 | 22-30 |  |  |  |
| Colorado        | 50 | 54 | .481 | 4.5  | 26-25 | 24-29 |  |  |  |
| L.A. Dodgers    | 50 | 55 | .476 | 5    | 31-24 | 19-31 |  |  |  |

Standings through July 30's games





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... Baby, when you walk out of a movie thinking, 'Say, that Heather Locklear was pretty darn good,' the movie's got some problems ... ”

**Stephen Hunter | Film Critic**

Fridays in Style and Weekend

**The Washington Post**

N225 5x2



**PRACTICE TAKES PRECEDENT:** Miami Dolphins coach Nick Saban turned down a dinner with President Bush Sunday at Joe's Stone Crabs, saying his obligations at training camp took priority over a chance to meet the president. "It was a really tough decision," Saban said.



## Sports

# Ravens' RB: A Lot to Prove

Lewis tries to shake off horrid season and return to 2003 form

**RAVENS** | When Jamal Lewis ran for 2,066 yards in 2003, he set a standard against which all his subsequent seasons will be measured.

Only four players had rushed for 2,000 yards in a single season before Lewis did it in his fourth year with the Baltimore Ravens. He scored 14 touchdowns, averaged 5.3 yards a carry and finished with the second-highest rushing ever.

"Sometimes I think: Was that a good thing or a bad thing to go for those yards that year?" he said.



Jamal Lewis, left, rushes for one of his disappointing three touchdowns last season.

"Should I have waited a couple more years before I did that?"

Lewis finished with fewer than half that many yards in 2005. Returning from ankle surgery and coming off an offseason in which he served jail time, Lewis set career lows in yards (906), average per carry (3.4) and touchdowns (3).

If 2003 was a standard for excellence, then last year was a benchmark for underachievement.

"Last year was probably one of my worst seasons ever," he said. "But at the same time, that's why I worked hard this offseason to get back ready."

Lewis worked on the sidelines on the first three days of training camp after straining his left hip flexor two weeks ago during a rigorous workout session. He hopes to join the full squad Tuesday. (AP)

## Landis Officially Requests a Test Of 'B' Sample

**CYCLING** | Tour de France champion Floyd Landis officially requested the testing of his backup urine sample Monday in an effort to clear his name of doping allegations.

Jose Maria Buxeda, one of Landis's two Spanish lawyers, said he's not sure when the "B" test will be carried out at the Paris doping laboratory, though it could be sometime this week.

If his the B test is negative, Landis would be cleared. If it's positive, the 30-year-old American would face formal doping charges and could be stripped of his Tour victory — the first time that's happened — and banned for two years.

Landis' lawyers say they fully expect the backup test to confirm the original finding.

Landis, speaking in Madrid on Friday, said his test results had nothing to do with doping, and that the high level of testosterone in his body was the result of his natural physiology. (AP)

### TODAY'S TV LINEUP

**NATIONALS (10 P.M. ON MASN)** The Nationals, including Alfonso Soriano Livan Hernandez and the rest, are still in San Francisco for a series against the Giants.

**ORIOLES (7 P.M. ON COMCAST)** 43-year-old south paw Jamie Moyer faces Rodrigo Lopez when the Mariners play the Orioles in the second game of a three-game series.

## Wizards Receive Jeffries' Offer Sheet

**WIZARDS** | Jared Jeffries' offer sheet from the New York Knicks was officially forwarded Monday to the Wizards, who have a week to decide whether to match it.

"We have received the offer sheet

and will have seven days to respond," Wizards president of basketball operations Ernie Grunfeld said.

The Knicks' offer reportedly is for about \$30 million over five years. (AP)

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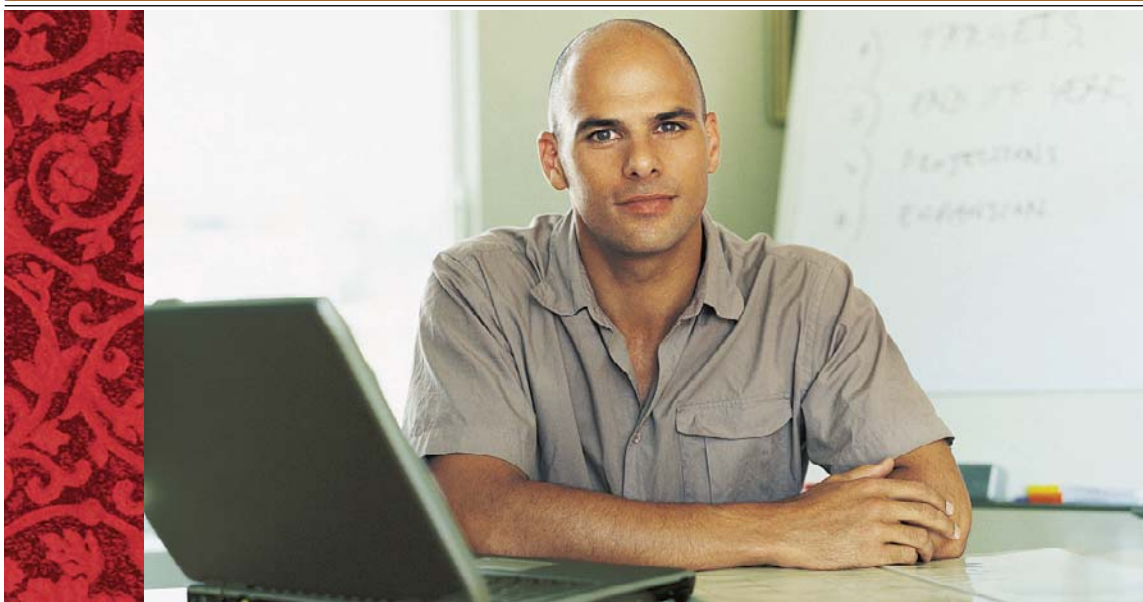
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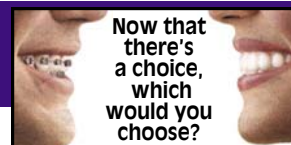
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**THE 15-DAY DL:** Bolivian President Evo Morales broke his nose this weekend when he was fouled during a soccer match. The injury may sideline him for next week's game against special guests, which are expected to include the presidents of Brazil and Venezuela.



## Sports

# Time Out From MLS for U.S. Open

Coming off a shocking loss, D.C. focuses on a more important game

**UNITED** | D.C. United's loss in Salt Lake City, its first in nearly three months, won't have much impact beyond the embarrassment of giving away two silly stoppage-time penalty kicks and blowing a lead against the worst club in MLS.

United (13-2-6) is so far ahead of its nearest Eastern Conference pursuer, 6-6-8 New England, that it could spend August at the beach and still finish first.

The cost of a loss tonight, however, will be much higher. United opens U.S. Open Cup play this evening against the Columbus Crew at the Maryland SoccerPlex in Germantown. Now in its 93rd year, the Open Cup is one of the oldest competitions in American team sports, but it's still played in relative obscurity.

The format is similar to cup competitions around the world —



D.C. United's Facundo Erpen struggles for the ball in Saturday's game against Real Salt Lake. United as a whole struggled in the 2-1 loss to the league's worst team.

any team registered with the U.S. Soccer Federation, amateur or professional, can enter. The tournament is single elimination and usually rife with upsets.

Amateur and minor league sides wait all year for the chance to take the field against the big boys and often provide the most compelling stories. Think Bowie Baysox vs. Boston Red Sox in a winner-take-all game, and you'll get the idea.

United received a bye and enters the tournament in the Round of 16, and a victory tonight gives it the right to host either the New York Red Bulls or the Wilmington Hammerheads in an Aug. 23 match.

D.C.'s Open Cup record leaves something to be desired. It won in 1996, lost the final the following year and hasn't been back since.

"In the second half, we played backwards, backwards, backwards," United coach Peter Nowak said of the loss in Utah.

D.C. will have the prospect of another early Open Cup exit to push it forward tonight. **BRIAN STRAUS**

## FCC Orders a Review of Nats Television Deal

**NATIONALS** | The Federal Communications Commission took steps Monday to make sure that the dispute over regional television coverage of Washington Nationals baseball games is resolved "well before the next baseball season begins."

An order issued Monday requires an administrative law judge to review the facts and issue recommendations for remedies within 45 days unless both sides agree to alternative dispute resolution by mid-August.

Comcast, the region's largest cable provider, has refused to carry the MidAtlantic Sports Network, a cable program service controlled by Orioles owner Peter Angelos. MASN has contended that its failure to reach households served by Comcast has prevented 1.3 million potential Nationals fans from seeing the team regularly.

Once the judge's review is completed, the FCC would issue a decision within 60 days. (AP)

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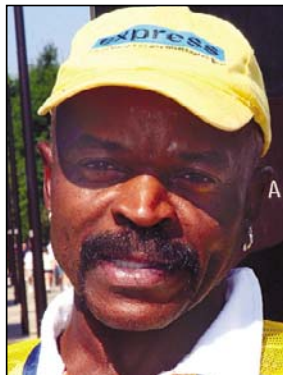
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## Sports

41

**Age of goaltender Dominik Hasek**, who signed a one-year contract with the Red Wings Monday. The 14-year vet helped Detroit to its last Stanley Cup title in 2002, but battled injuries last year.

# Phelps Back in the Water

Titles, not 'staches, suit the gold medalist as championships near

**SWIMMING** | Michael Phelps showed up on the pool deck Monday sporting a wispy mustache that looked downright wimpy on the world's best swimmer.

"Nobody likes it. I think that's why he's wearing it," said Bob Bowman, Phelps' coach. "He knows it annoys me and that's why he's doing it."

Phelps promised the 'stache — which paled next to Mark Spitz's thick, dark upper lip of the 1970s — will be history by Tuesday when he steps on the blocks for the 400-meter individual medley, his first of six planned races at this week's U.S. Summer National Championships.

Phelps is the world and American record-holder in the 400 IM, having set those marks at the 2004 Athens Olympics. He'll be challenged by Ryan Lochte, who has the second-



Michael Phelps will have competition at the U.S. Championships from Ryan Lochte, who has the second-fastest time in the 400 IM, and training partner Erik Vendt.

fastest seed time, and training partner Erik Vendt.

"You can expect some pretty amazing swims," Phelps said. "Getting ready. This was the big focus for the summer."

A lot is at stake this week, when five international teams will be

selected. The top three finishers in each event qualify for the Pan Pacific Championships in Victoria, British Columbia, later this month.

"If you don't make the team here, you're out of international competition for the next two years," Phelps said. BETH HARRIS (AP)



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Saturday, August 26, 7:30 PM

WRITTEN BY BILLY WILDER, WENDELL MAYES AND CHARLES LEDERER; BASED ON THE BOOK BY CHARLES A. LINDBERGH AND STARS JIMMY STEWART AND MURRAY HAMILTON.

All films will be shown at the National Air and Space Museum's Steven F. Udvar-Hazy Center in Chantilly, Va. (Air and Space Museum Parkway, Off Route 28). Admission is free, but tickets are required. For tickets, visit [www.nasm.si.edu/tickets](http://www.nasm.si.edu/tickets) or call (202) 633-2398 for more information.

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### ACCOUNTING CONTROLLER

For growing construction business in Prince Frederick in Calvert County, MD. Excellent pay & benefits. CALL Brenda at: 301-855-9111; or FAX resume to: 301-855-9125.

### Accounting Manager

Rapidly expanding information management company serving the Federal Government market is seeking an Accounting Manager for its Accounting Department located in Rockville, MD. At least 10 years of experience and extensive knowledge of Deltek GCS Premier required. Competitive salary and excellent fringe benefits. Send resume to [careers@discoverylogic.com](mailto:careers@discoverylogic.com)

**Accounting**  
**SENIOR FINANCIAL ACCOUNTANT**  
Bethesda service company seeks experienced CPA to prepare financial statements for large service co. Applicant must have excellent communication & computer skills. Great pay & benefits package. Please email resume to [chutchinson@redcoats.com](mailto:chutchinson@redcoats.com) or fax to 301-718-7782.

## Accounting

### TV Assistant Production Accountant - Part-time

Minimum 3 years accounting experience, advantageous to have experience in Microsoft office and Sun. You must be able to work in a dynamic, fast paced office with creative personalities and tight deadlines. Please email resumes to natalie\_knight@beyond.com.au

### ACCOUNTS RECEIVABLE

When was the last time you enjoyed your work? Progressive, stable, growing, Arlington Company seeks positive, sharp teammate able to work independently. Min 1 yr exper. Excellent salary & benefits. Fax 703-525-1637, Michael or email [employment@fedlock.com](mailto:employment@fedlock.com)

## ACTIVISM

# DEFEAT THE REPUBLICANS

\$1400-\$2200/Month

Had enough of Bush and the Republicans? Work with Grassroots Campaigns, Inc. on behalf of the National Democratic Party to elect Dems in '06 FT/Summer/Career opps. Dupont Circle. CALL Erin at 202-797-9655.

### Administrative Specialist (GS-09)

The Africa Center for Strategic Studies seeks an Administrative Specialist! The individual will provide administrative and operational support for the External and Community Affairs (ECA) Director and section of the Africa Center to ensure efficiency and compliance. Applicants must be U.S. citizens and fluent in English. To apply online and to get other application information and the complete job announcement, please go to the OPM web site: <http://www.opm.gov>, USA Jobs and request Vacancy Announcement No. D64345.

## ADVERTISING

Advertising Sales pos. avail. in MD-VA-DC-Annap-DE. Great oppy. for proven salesperson who needs to make \$80-\$100K or more. Call Mr. Jackson 703-969-3896.

## JOBS

### ADMIN ASST - F/T

Busy firm in dntwn Silver Spring, MD near METRO. Perform multi-task duties incl. scheduling, ans. phones & T&A. Excellent PC skills req'd. Salary negot. CALL: 301-352-9070 for appt.

### ADMIN ASST

For long term fed contract. 3 yrs. exp. w/MS Suite. Must pass credit check. Salary \$15/hr. Send resume to: [debbieja@aol.com](mailto:debbieja@aol.com) OR FAX: 1-480-393-5062.

### ADMIN SECRETARY

Office manager duties in Tysons Corner Area. Great benefits/salary. 703-394-7162.

### ADVERTISING SALES

Call 202-333-5000  
**Assistant/Coordinator**—Custom hardwood flooring - Must be organized, efficient, able to work in fast-paced environ. Estimating, purchasing, customer service, scheduling. Prev exp in hdwd flooring/construction helpful but not required. Fax resume to 202-785-0355.

**Assistant** - for disabled man. 7a-12p. Also live in position avail. Rockville, near metro. 301-987-1047.

### Attorney-Associate

Sought for small DC real estate litig. firm. DC Bar req'd. Salary DOE. Respond to: PO Box 77681, WDC 20013 OR [lbdcclaw@yahoo.com](mailto:lbdcclaw@yahoo.com)

### AUTO MECHANIC

Heritage Chrysler, Jeep, Chevrolet in Alex has an immed. opening for exper'd Technicians. Cert. & ASE training a plus. Top pay for qualified person. Air conditioned shop & other benefits. Apply in person at 1800 Old Richmond Hwy, Alexandria VA or call Art Reams at 703-329-1300.

**AUTO STEREO/ALARM TECH**  
Cert. & Exper'd, Must have own tools. Call 202-528-2356

### AUTOMOTIVE TECHNICIAN

Excellent pay/benefits, including disability, clean modern AC shop located off the toll road in Reston VA. Volvo or Saab exper a plus. Call 703-471-4494 8-6pm

### Barbers, Master Barbers & Instructors

Needed for DC & MD. Call 202-486-3344

### Beauty

Barber, Nail Tech, Stylist needed! Great new location ONLY \$100/wk booth rent!! Call today 202-498-3247  
**BEAUTY**—Exper'd African Style Hair Braiders needed to rent fully furn spc in brand new salon in DC. Busy shprg cntr, free pkng, high income poten. Rent \$200 wk incl Util. 4 stations avl. 202-607-3395

## Beauty

### HAIRDRESSERS & MANICURIST

New salon opening on Penn. Ave, Capitol Hill. Interviewing experience. Hairdressers & Manicurist. Call 202-544-5111 or 202-236-3866

### BEAUTY

New full-service salon in Lorton is hiring licensed:

- **Manager:** Must be hair stylist; able to run salon.
- **Hair Stylist**
- **Make-up person**
- **Microdermabrasion**
- **Massage Therapist**

CALL 703-303-1181.

**Beauty**—Stylist & Manicurist

prof envr. in White Oak, Sil Sprg. Call 301-681-3940

**BILLING & FOLLOW UP**—FT/PT days-hospital business ofc exp req'd. Follow up & appeals. Outsource agency off 395 in Alex. Benes for FT. Fax salary req. & resume to 703-941-5560 or email: [hr@hcbilling.com](mailto:hr@hcbilling.com)

### BRICKLAYERS

Experience necessary, must have own transportation. Call 301-943-7987.

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## JOBS

### Building Engineer

D.C. 3rd class licensed engineer needed for Class A office building. Responsibilities include but are not limited to operation and maintenance of building mechanical, electrical, plumbing, fire/life safety, security and energy management systems. Tenant relations, communication skills and performance of daily service calls as needed is of highest priority. Tuesday through Saturday shift available. DC 3rd Class license, CFC-Universal and experience in commercial Real Estate required. Comprehensive pay and benefits package. EEO. Please fax resume to 202-842-4995; or email mark\_ny1100@yahoo.com

**CAREGIVER**—CR Care, an Elder-care facility seeking caring, FT/PT live-in candidate. English is a must. Call 301-233-2421

### CARPENTER

Trim & hardware Carpenters. \$14-\$16/hour. Exper. pref'd. Transportation a MUST. Please CALL and leave message, 301-735-4207

**CARPET CLEANING**  
FT Carpet Cleaning Techs needed. Early afternoon to late eve hrs. Own reliable transportation to and from warehouse is req'd. Drivers License preferred, will train. Call 301-322-5130.

**CHILDCARE**—Senior Staff. All current credentials. 301-499-1488.

**CLEANERS NEEDED**  
PT/FT, Day & Night shifts, Must have reliable transp. Call Annette, 301-573-4390.

### CONSTRUCTION/CONTROLS TECHNICIAN

Established HVAC Company has immediate openings for entry level and exp'd Construction/Controls Tech. Company paid; Health insurance, leave & training. Call for appointment between 7am & 2:30pm at 301-424-1265 ext 1034 or fax attn: Chris Jensen at 301-424-3299; email [kputin@capron.com](mailto:kputin@capron.com)

**CONSTRUCTION PM**  
Metro area. Comm. govt. work. High profile proj. Email: [amber@hsbuilders.com](mailto:amber@hsbuilders.com)

### CONSTRUCTION SCHEDULER

Growing construction firm in DC Area seeks a Scheduler with 3-5 yrs. construction sched. exper. Duties incl. developing, maintaining, & analyzing critical path schedules on multiple projects of moderate size & complexity. P3 w/cost loading exper. req'd. EMAIL: [hr@olgoonik.com](mailto:hr@olgoonik.com)

## COURIER

Fairfax Law firm seeks reliable individ. to record documents throughout MD & DC. Driving record & resume to [skstone@logs.com](mailto:skstone@logs.com) or fax 703-449-5823.

### CUSTOMER SERVICE

Access Worldwide has immediate Full-Time po-sitions available in our Hyattsville office.

Our client is one of the largest online bank and brokerage institution. Must pass background, finger printing & aptitude tests in order to qualify.

- Schedules available between 8AM-9PM
- Base salary after training \$12.00
- Medical Benefits, Dental, Prescription & Vision!
- 2 weeks paid training \$8.00 per hour

Apply in person:

### PG Plaza Metro

6505 Belcrest Rd.

Suite-100

Hyattsville, MD 20782

### Rosslyn Metro

1820 N. Fort Myers Drive Suite-300

Arlington, VA 22209

Call: 571-438-6555 or Fax: 866-589-7312

E-Mail: [recruitment.cs@accesswww.com](mailto:recruitment.cs@accesswww.com)

**DANCERS**—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. 240-286-3660 or 301-568-8500

**DAYCARE**—Exp'd School aged After School Leaders needed. 2:30pm -6:30pm. \$10/hr. Send resumes to [jeafterschool@hotmail.com](mailto:jeafterschool@hotmail.com) or fax 202-282-0074

## JOBS

### DANCE INSTRUCTORS

No experience necessary Will train, if qualified. Arthur Murray Dance Centers is looking for individuals to teach the latest ballroom dances including swing, salsa & others. Expansive training in sales & communication skills as well as dance teaching. 2 new locations to open soon. In Columbia MD, & Ashburn, VA. CALL :  
Alexandria 703-751-4336  
Tysons Corner 703-556-0088  
Silver Spring 301-681-4466  
Gaithersburg 301-590-0387  
Bethesda 301-657-2700

### DENTISTS & DENT. HYGIENIST NEEDED

FT/PT position for general Dentist in Baltimore, Jessup, Hagerstown & Cumberland. Hygienist position available in Jessup. Correctional institutions with mostly daytime hours. Benefits inclusive of leave, health & retirement. Pre-employment screening & criminal background check will be required. Interested parties should fax resume to: 410-664-2560 or email: [mismc1981@comcast.net](mailto:mismc1981@comcast.net).

**Director and Teacher**—Expanding before and after school Child Care center in NoVA seeking qualified Director and Teachers. Competitive salary and benefits. Fax resume to 703-830-2448.

### DISPATCHER/OPERATIONS

When was the last time you enjoyed your work? Progressive. Stable. Growth. Arlington company in search of positive, sharp teammate, able to work independently. Excellent salary & benefits. Fax 703-525-1637 Michael or email: [employment@fedlock.com](mailto:employment@fedlock.com)

**DJs Assistant** — Wanted for Gentleman's Club (PG County). With own transportation. Females encouraged to apply. 240-286-3660

**DOG GROOMER**—FT or PT. Busy shop. Year-round. Benes. CALL Tom, 301-236-0036

### DRIVERS PART-TIME, ON CALL

Our drivers load Washington Post trucks and deliver bundles of newspapers (up to 60 lbs.) to locations within a 50 mile radius of our Springfield, VA & College Park, MD plants. Drivers work 4-6 shifts per wk and 4-5 hrs per shift. Applicants must be available for all shifts, including Friday, Saturday and Sunday nights.

- Requirements:
- Valid Class "A" CDL;
  - Zero points on your current driving record;
  - Knowledge of the Washington Metropolitan area;
  - 2-3 years of driving experience

If you meet these and are interested in a great opportunity, send a resume & a RECENT copy of your current driving record to the address below.

**The Washington Post**  
ATTN: HR/DRVR/CP  
1150 15th Street, NW  
Washington, DC 20071  
Fax: 202-912-3677

## DRIVER

### SHUTTLE DRIVERS

Wanted for DC Metro Area with min. 2 yrs. exper. Valid CDL with passenger endorsement. Must have favorable driving record & background check. Send to: Precis Corp., 1400 Mercantile La, Ste 160, Largo MD 20774; or fax to: 301-341-6629.

## Driver

### PARTS DRIVER

GM dealership in Silver Spring, looking for FT exp'd Parts Driver w/knowledge of DC Metro Area. Great benefits, paid vacation & 401K plan. CALL & ask for Mike Kelleher or Mike Kober at: 301-890-1818.

## Driver

### Delivery Driver

Distributor of construction products seeks individual for its Chantilly, VA location. 40+ hrs a week. Benefits after 3 mos. CALL 703-802-7999 for more information.

## JOBS

### Driver

### \$200-\$400 per Weekend

Immediate openings for drivers with insured Full Size Vans or Pick-up Trucks. MD/Balto area. Please call 410-540-4920

**DRIVER — BUS DRIVER** P/T, Up to \$15/hr. Local Charter (Summer), AM/PM School run (Winter). CDL w/B/C class & P endorsement. 202-636-9203

**DRIVERS** — Exp. tow drivers needed, all shifts in Fairfax Co. call 703-536-0370.

**Drivers**  
Immediate positions available. Upscale second hand retailer looking to fill immediate positions for Drivers. No CDL license req'd. Must be able to read maps.

Apply in person 2950 Gallows Rd, Falls Church, VA 22042 or CALL 703-992-6560.

## DRIVERS

wanted, dump truck experience required. Temple Hills based. Call 301-912-2810

**DRIVING/LIMO - CDL w/P**  
PT eves & wknds. VA/DC/MD. \$18-\$20/hr. Springfield 703-550-7200

**DRYWALL/PAINTER**  
Exper. req'd. 571-436-4234

### EDUCATOR- P/T (2 days/wk)

Seeking exper'd. secondary school leader to serve as a liaison to charter schools in DC under comprehensive federal programs to support positive school climate, prevent violence, improve quality of teaching & classroom management. Involves working at high school sites. This position requires understanding of education reform. To apply, EMAIL cover letter & resume to: [info@csss.org](mailto:info@csss.org).

## Graphic Design

### Junior Designer WASHINGTON, DC

### IMRE COMMUNICATIONS

Integrated brand communications firm seeks junior designer in its Washington, DC office. Will design and support print, multimedia projects. Requires 1-2 years' experience, Bachelor's degree in graphic design or related field, proficiency in Quark Xpress and Adobe Creative Suite; Dreamweaver and Flash a plus. Good organizational skills. Dynamic and supportive team environment, competitive salary and benefits. Send resume, salary requirements and three work samples (PDF files) to:

[jobs@imrecommunications.com](mailto:jobs@imrecommunications.com)

## HAZMAT

HAZMAT trained workers needed, MD, VA, DC area. Must have clean bkgrd. Contact 301-341-1000.

## HOTEL

### Marriott FAIRFAX AT FAIR OAKS

We are currently interviewing for the following:

- **Chief Engineer**—\$77K
- **Banquet Manager**—\$40K+gratuity
- **Assistant Restaurant Manager**—\$34K
- **Room service PT**—\$5.50/hr
- **Host & Hostess**—\$9/hr
- **Front Desk Supervisor**—\$12/hr
- **Bartender PT**—\$4.50/hr
- **Night Auditor**—\$13/hr

Please submit resumes to: [leila.benitez@marriott.com](mailto:leila.benitez@marriott.com) or FAX: 703-667-2115

## Internet

### DESKSIDE SUPPORT

InSource, Inc., a National Staffing firm, awarded a large long term contract in DC/Herndon, VA area. IMMEDIATE need DeskSide Support skills to resolve end user probs. Poss Att/good commun skillsMUST. Tech ed/certs a plus Rate \$18/hr Contact: Stacey Hartey 610-592-0805 stacey.hartey@insourcenow.com

## Classifieds

## JOBS

## HOTEL



MANDARIN ORIENTAL  
WASHINGTON D.C. SM

## CAREER FAIR 2006

Mandarin Oriental, Washington DC, represents the essence of luxury in the hospitality industry in the nation's capital and around the world. We will open our doors in search of candidates to join our team in the difference departments:

- Front Office
- Stewarding
- Culinary
- Banquets
- Sales
- CityZen
- Housekeeping
- Cafe MoZU
- Engineering
- Spa
- IT

## When:

Mon, Aug 7 10am-2pm & 4-7pm  
Tues, Aug 8, 9am-2pm

## Where:

1330 Maryland Ave, SW  
Washington DC 20024  
Grand Ballroom C

Apply online at:

[www.mandarin-oriental.com](http://www.mandarin-oriental.com)

EOE/Drug Free

## JUNIOR HIGH TEACHER

FT exp'd Middle School (7th & 8th Grades) History & English Teacher needed for self-contained, alternative Jr. High in Bowie, MD. Oppty. to be involved in Drama & Music. Call or Fax resume: 301-262-3566.

## HOTEL

## Handyman

We are seeking an individual with experience in Painting and Carpentry for our private member hotel in Downtown DC. This individual must be able to work within a timeline and possess organizational skills and have an eye for detail.

**On the spot interviews**  
**Tuesday, August 1 & Wednesday, August 2, 2006**  
**From 12pm - 3pm (no calls)**  
**Farragut West Metro, 839 17th St. NW**

## HOTEL



**Junior IT Analyst**  
**Income Auditor**  
**Director of Marketing**  
Apply in person at

1177 15th Street, NW  
M, W, F 9-2 Fax resumes to 202 587-2605  
Job Hotline: 202 587-2602  
M/F/D/V/EOE

## HVAC

## A/C EQUIPMENT MECHANIC

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages \$45,000. Call Mr. John Binkler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is #06-64

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## LEAD TEACHERS

Competitive Wages! Great Benefits!

We are looking for STAR EMPLOYEES....like you!

Due to enrollment growth we are seeking qualified lead teachers for our center in Bethesda.

Date: Wednesday & Thursday, August 2 & 3

Time: 10-4

Location: 4550 Montgomery Ave. Suite 250 north  
(Bethesda metro stop on the REDLINE) 301-657-8181

We will be conducting on the spot interviews, so come prepared with references and educational credentials!

Please submit your electronic resume with salary req. to: [llee@learningcargroup.com](mailto:llee@learningcargroup.com), or fax to: 202-479-0068. Must meet state licensing reqs! EOE

## LABORER

F/T w/benefits including health, dental, paid leave and retirement. Assigned to landscaping crew. Starts at \$11.76 - \$12.06 hr. (\$12.35 - \$12.98 hr with CDL). Requires some knowledge of landscape maintenance and ability to use power hand tools. Must be able to lift and move heavy objects and bend, kneel and stoop for extended periods. Valid driver's license required - CDL preferred. Open until filled. Applications available from:

## City of College Park - Human Resources

4500 Knox Road  
College Park, MD 20740  
Phone: 301 779-4945  
[www.collegeparkmd.gov](http://www.collegeparkmd.gov)

## LOAN OFFICERS

Experienced (1+ yr exper)

- Insurance
- Free parking
- Comfortable MD office
- Management support
- Great commission split

Call Mr. Green for immediate consideration at: 301-987-1145 ext 301.

## Loan Officers &amp; Processors

Needed now! Earn from \$75K per yr. Call Phil Styles 301-931-3701 or fax resumes to 301-439-0514.

## LOAN ORIGINATOR

Work from home as a certified Loan Originator for DC Metro area. Call 866-253-3257.

## LOCKSMITH

FedLock seeks ENTRY LEVEL (will train) & EX-PE-R'D TECHS. Installation/service, access control, hardware, no auto, no on-call. Great oppty for personal/professional growth, exc salary/benes. Fax 703-525-1637 Attn Michael

**MAINTENANCE TECH**—needed w/ 2-3 yrs exp. Plumbing a plus. Fax resumes to 703-525-5560. EOE

## Maintenance

Residential Maintenance  
Technicians Needed!!!  
(Rockville, Laurel, MD  
& Leesburg, VA)

Camden Properties, a national provider of luxury apartment homes, is now hiring for all maintenance positions in our communities in Rockville and Laurel, MD and Leesburg, VA.

CFC Certification and 2 years residential service experience required.

We offer excellent compensation and benefits including 401K, dental, medical, employee discount and employee share purchase plan.

Come join our winning team! Please fax resume to 703.556.3307 or email to [tippling@camdenliving.com](mailto:tippling@camdenliving.com)

Camden is an Equal Opportunity Employer  
[www.camdenliving.com](http://www.camdenliving.com)

## Maintenance

ELECTRICIAN &  
HVAC TECHNICIANS  
(STATIONARY ENGINEER CLASS 3)

Grubb & Ellis Management Services, one of the world's leading providers of integrated real estate and facility management services, currently has several openings within the critical data center environment in the Gaithersburg, MD area. Open positions are HVAC Technicians and Electrician Technicians. Experience in critical data center environments preferred. This is not an Information Technology position. You will maintain, operate, troubleshoot and repair sophisticated electrical / mechanical systems in a critical data center environment.

The ideal candidates will have 5+ years exp. in the field, preferably with 1+ years in a critical environment such as a data center, hospital, airline/airport or military. Must be a team player, detail oriented, computer literate, with strong customer service skills. Shift schedules, 3-1/2 Days/Nights per week, 7am/7pm.

Forward resume to: Grubb & Ellis c/o IBM, 800 N. Frederick Ave., Gaithersburg, MD 20879. Attn: Maurice McCamblay. Fax: 301-240-2390. Email: [sratliff@us.ibm.com](mailto:sratliff@us.ibm.com) or [mauricem@us.ibm.com](mailto:mauricem@us.ibm.com). EOE

## Maintenance

Apt. mgmnt. co. seeks Tech exp'd. in plumb., elec., carp. HVAC a +. Fax resume: 301-559-3931 w/sal. reqs. **Se habla espanol.**

## MAINTENANCE

Area's leading property management firm is seeking FULL TIME Maintenance workers. Great salary and benefits. Light maintenance skills, own transport. and tools required. Travel to various properties, working independently. Fax resume to 703 631-9596 or email [jobs@cmc-management.com](mailto:jobs@cmc-management.com).

## Maintenance

## Supervisor

Hands-on manager needed in Capitol Heights, MD to assume full responsibility for day-to-day operations and service team. Requires 3 years experience in supervising crew, CFC license with good knowledge of HVAC and boiler/chiller systems, thorough knowledge in all phases of apartment building maintenance and preventative maintenance planning, with effective communication skills and basic PC ability.

Southern Management Corporation - established in 1965 -- now owns and manages 68 communities in MD and No VA. We offer new higher pay rates and full benefits - health/dental/life insurances, paid leave and training, 401K and retirement savings plans and more.

Resumes via email to [smcareers@smcmail.com](mailto:smcareers@smcmail.com) or by fax to 301-623-0182.



## MECHANIC

Limo repair. Must know AC & Electrical. springfield VA area. Includes benefits & health insurance. 703-550-7200

## MEDICAL BILLER

FT/PT. dynamic surgical specialty office in N. Bethesda is seeking personable, detail-oriented candidate for medical billing & posting. Exper. w/med. insur. & patient collections a plus. FAX resume to: 301-564-6391.

## Medical Receptionist

Busy physical therapy office looking for exp. Receptionist. 202-635-1757.

## MEDICAL RECEPT

Reston ophth. ofc. All front desk duties. Exper. a must. Send resume to: [djones@newviewlaser.com](mailto:djones@newviewlaser.com) OR FAX: 703-834-8187

NAIL TECHNICIAN (LICENSED)  
& MASSAGE THERAPIST

Needed for Day Spa in Cleveland Park. Please call 301-787-0445 or 202-362-7700

## OPHTHALMIC TECH

Reston ophth. practice. Knowledge of gen. ophth. & laser vision a must. Send resume to: [djones@newviewlaser.com](mailto:djones@newviewlaser.com) OR FAX: 703-834-8187

## Part-time

## Open House for Event Staff

The Window Place is looking for part-time promoters to work at home shows & other events around WA/DC/MD.

Requirements:  
Ability to work some evenings & weekends  
Excellent communication skills  
High-energy personality  
Reliable transportation

Join us Sunday, August 6 for an information session. Sessions begin promptly at 10am & 1pm and run for 2 hours at our Fairfax office, 2802 Merrilee Dr Suite 200, Fairfax, VA. Please be prompt! If you are late, you will not be admitted to the session & will have to wait for the next one to start. Bring your resume & come prepared for an on-site interview. Positions pay between \$13-\$15/hour. 703-675-2036

## PLUMBER

#1 commercial service company seeks Journeyman Plumbers. Year round work, vehicle, top pay, bonuses & top benefits included. Call 301-931-0100  
**PLUMBER**—Exper'd Service Tech. Herndon area. No nts/wkends. Call 703-437-6966.

## PLUMBER HELPERS

#1 commercial service company seeks Helpers. Year round work, top pay, bonuses & top benefits included. Call 301-931-0100

## PLUMBERS

And experienced **Helpers**. No. VA. Good driving record, great company. Call 703-560-2181.

## Property Management

## COMMUNITY MANAGER

Camden Properties, a national, premier provider of luxury apartment homes, has an immediate opening for a community manager at our Laurel, MD community.

We offer excellent compensation and benefits including 401K, dental, medical, employee discount and employee share purchase plan. 2 years residential management experience a must. The compensation is commensurate with experience and qualifications.

Come join our winning team!!! Please fax resume to 703.556.3307 or email to [tippling@camdenliving.com](mailto:tippling@camdenliving.com)

Camden is an Equal Opportunity Employer  
[www.camdenliving.com](http://www.camdenliving.com)

## PROPERTY MANAGEMENT

## DOOR PERSON/PORTER

FT, Mon-Fri, Benefits. Call Karen 202-362-8833, M-F.

## REAL ESTATE AGENTS

**EARN \$100,000+ FIRST YEAR**, EARN HEALTH INSURANCE. RETIRE WITH SIX FIGURE RESIDUAL INCOME! CALL NOW 877-269-4154.

## RECEPTIONIST/BOOKKEEPER

Looking for a P/T Recept./Bookkeeper who is also very proficient in Quickbooks. CALL 202-387-0121

## RECEPTIONIST

Seeking receptionist capable of handling multiple tasks and interacting with prospective clients. First Metro Mortgage-Vienna 877-556-9444

**RESTAURANT**—Chef and restaurant manager positions for Chadwicks' Old Town. Competitive salary and benefits available at this long established, casual dining, independently owned restaurant. Fax resume to 703-836-6780

## Restaurant

COOKS & SERVERS  
FIRST WATCH RESTAURANT  
9600s Main St, Fairfax, VA

Apply in person

Mon-Sat 11am-4pm

Also Seeking:

Bussers, Dishwashers

Benefits available.

**NO NIGHTS!**

## Restaurant

Lucky's Grill needs exper'd. CASHIER, COOK and DELIVERY DRIVER. CALL before 11am or after 2pm. 301-336-1551.

## RESTAURANT MANAGERS

For growing rest. DC/MD/VA. \$38-\$85K. 800-351-7557; FAX 800-208-0633; [dss907@aol.com](mailto:dss907@aol.com)

## Restaurant



## Now Hiring

SERVERS, HOST/HOSTESS, LINE COOKS

Apply in person at

7861-L Chain Bridge Road,  
Tysons Corner, VA 22102

703-388-5454

## Restaurant

## Sodexho

Upscale retirement home in NW DC is hiring the following: FT Cook, Dietary Aid, Utility. Great benefits, apply in person, 6200 Oregon Ave, NW, Washington, DC 20015.

## Restaurant

WAITRESS — Sushi-Zen in N. Arl. 703-534-6000

## Retail

Eastern National, a not for profit partner with the National Parks Service is hiring Sales Associates for educational bookstores. Positions are in Arlington Cemetery, Lincoln Memorial, and Ford's Theatre. Also need an Assistant Manager. Love of history and books helpful. Must be able to work weekends and holidays. Excellent benefits package. Apply in person or respond with resume to [carolynl@easternnational.org](mailto:carolynl@easternnational.org) or fax to 703-837-0767. EOE.

## Retail

F/T SEASONAL OPPORTUNITIES  
LEARN TO TAKE PICTURES

Lifetouch National School Studios, the largest photography co. in the U.S. & a leader in school photography is currently hiring for F/T Underclass Photographers. No experience is necessary - we will train you. Lifetouch photographs Kindergarten thru High School Students. If you like children, enjoy being creative, come talk to us about career opportunities. You must have your own means of transportation, mileage is reimbursable. Great benefits with opportunities for incentive bonuses. Resume & cover letter can be sent to: [garrington@lifetouch.com](mailto:garrington@lifetouch.com) or call 1-800-445-1191 ext 128

## Retail Management &amp; Sales

J. McLaughlin  
New York, Palm Beach & now Georgetown!  
Opening in October

Women's & men's high end, preppy clothing & accessories. Seeks enthusiastic, motivated indivs. for Management & Sales Associate positions. Strong customer service & selling skills req'd. Prior upscale retail exp. (1-2 yrs.) pref'd. Please email resume to: [hr@jmcclaughlin.com](mailto:hr@jmcclaughlin.com)

## RETAIL SALES MANAGER TELEVISION/AUDIO

Provide needs exper'd manager for DC store. Retail audio/video exper nec. Salary, Comm., Benes. Call Matt Foley, 202-333-9200

## RN Instructors Needed

Want to make \$30-35 per hour? RN's with BSN or MSN needed to teach nursing in a DC nursing academy for its PN Prog. Email resume to [vray@mttcc.com](mailto:vray@mttcc.com) or fax (202) 282-3109. EOE

## SALES

## A RARE OPPORTUNITY!

Prosperous NoVA/MD Company in the home improvement industry is expanding. Prior industry experience not necessary but welcome. Professional training program provided. Someone who needs at least \$65,000 per year with the potential of six figures. Commission, incentive and bonus. Car Required. No overnight travel. Call Brian Quick between 9am and 3pm @ 301-560-6920

SEEING POSSIBILITIES BEYOND DISABILITIES



ST. COLETTA SPECIAL EDUCATION  
PUBLIC CHARTER SCHOOL

## JOB FAIR

Thursday, August 3, 2006  
3:00 to 7:00 p.m.

St. Coletta Special Education Public Charter School  
1901 Independence Ave., SE  
Washington, DC 20003

St. Coletta of Greater Washington serves school-age children and adults with mental retardation, autism and secondary disabilities. Our reputation as a premier educational facility is well known throughout the Washington DC metropolitan area. As we prepare to open our new **Special Education Charter School** facility in Washington DC for the **2006-2007 school year** we are actively recruiting for all positions including:

- **SPECIAL EDUCATION TEACHERS** - requires certification in Special Education and endorsed (MR) or pursuing certification
- **CO-TEACHERS** - must be eligible for Provisional Licensing
- **TEACHING ASSISTANTS** - requires minimum of 60 College Credits
- **PARAPROFESSIONALS** - requires High School diploma
- **SPEECH LANGUAGE PATHOLOGISTS** - DC License
- **OCCUPATIONAL THERAPISTS** - DC License
- **PHYSICAL THERAPISTS** - DC License
- **SCHOOL NURSES** - RN required
- **FACILITIES ASSISTANT**
- **FOOD SERVICE PERSONNEL**

Our new school is directly opposite the Stadium/Armory METRO exit on the corner of 19th St. and Independence Avenue, SE, Washington, DC. We offer top competitive salaries and excellent benefits.

Learn more about us at [www.stcoletta.org](http://www.stcoletta.org)



## Classifieds

## JOBS

Sales

WV

**LAND SALES CAREER  
Best Pay in the Field!**

Land Sales Opportunity for professional and serious career minded individuals. Very team orientated company offering good benefits and the best pay in the field. Top producers have no limit to their incomes. Insurance & 401K avail. Email resume to landsalecareer@hotmail.com. All training provided. An EOE.

**Sales/Telemarketing  
Kennedy Center**

Needs a few great voices for PT Sales. Must have knowledge of performing arts and sales experience. Call 202-416-8490.

Sales

*The Washington Post***Outside Account Mgr.  
Education & Financial Services  
Jobs Advertising**

Manage all existing and potential clients in education and financial services to sell print and online recruitment advertising. Develop new products/initiatives; tactical and strategic; analyze clients' marketing needs; create multi-media presentations; **uncapped incentive!**

For more info: [www.washingtonjobs.com](http://www.washingtonjobs.com)

Send resume to: [Talentsearch@washpost.com](mailto:Talentsearch@washpost.com)  
Attn: JobsPOST/JT

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& promote a drug-free environment.

SALES

*The Washington Post***Advertising Rep  
Inside Sales**

Telephone sales - 32 hours per week and full-time opportunities available. Sell classified advertising space to individual consumers marketing homes/cars/personal property for sale to other consumers. Consultative sales. Respond to inbound calls from clients, assess advertising needs and recommend solutions based on budget and target market. Upsell and cross-sell. Base plus commission. **Great entry-level advertising sales opportunity!** Min. 40 WPM typing and customer service experience required. Benefits include health insurance beginning immediately and 401(k) with matching program.

For more information: [www.washingtonjobs.com](http://www.washingtonjobs.com)

Send resume to: [Talentsearch@washpost.com](mailto:Talentsearch@washpost.com)  
Attn: TSREXP/JT

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SALES

*The Washington Post***Telephone Sales  
Jobs Advertising**

Sell online jobs advertising product to employers across all industries! Research and target potential advertisers, develop leads, prospect, cold call and close new business over the phone. **Competitive sales incentive!** Open territory. Requires experience generating leads, cold calling, identifying new business potentials, using competitor data, and creatively seeking new avenues to sell product. **5 positions available!** Great benefits package including health insurance beginning immediately and 401(k) with matching program.

For more information: [www.washingtonjobs.com](http://www.washingtonjobs.com)

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SALES

*The Washington Post***Account Manager  
Automotive Advertising**

Outside sales opportunity! Sell print advertising solutions to automotive clients! Cultivate existing business and prospect for new business. Consultative sales approach, account management, cold calling, sales presentations. Assume revenue accountability for your account territory. Requires expertise in client relationships, motivation to grow your business, and outside sales experience.

For more information: [www.washingtonjobs.com](http://www.washingtonjobs.com)

Send resume to: [Talentsearch@washpost.com](mailto:Talentsearch@washpost.com)  
Attn: HR/Auto/JT

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SALES

*The Washington Post*

Join our Advertising Sales Team!

**Advertising Sales & Service  
Open House**

August 2nd, 3pm - 8pm  
1150 15th St., Washington, DC 20071

The Washington Post is seeking highly motivated sales professionals to fill pivotal roles in the Advertising Department.

We are currently seeking:

- New Accounts Managers/Online Sales
- Account Managers/Outside Sales Representatives (Automotive, Real Estate, Jobs)
- Account Executives/Inside Sales Representatives (15 or 32 hours per week)
- Advertising Coordinators/Customer Service

The Washington Post has a stimulating work environment in which employees are provided with the resources needed for success in their careers and in life outside of the office. We offer competitive salaries, opportunities for training and career advancement and an excellent benefits package that includes health/ dental, life & disability ins., FSA/dependent care, tuition reimbursement, 401k matching and a company-funded pension plan.

We look forward to meeting you on August 2nd!

Real Estate

# INTERESTED IN A COMMERCIAL REAL ESTATE CAREER?

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**ONLINE APPLICATION DEADLINE:  
AUGUST 15, 2006**

**WWW.PROJECTREAP.ORG**

Bachelor's degree, 3-5 years of business experience, and residence in the Washington DC or Atlanta metro area required. Experience with financial statements, budgeting, and backgrounds in project management, negotiation, and sales are helpful. Real estate experience not required.

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- Ability to build long-distance client relationships with ease.

**We offer:**

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- 401(k) plan with company match
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Equal Opportunity Employer m/f/d/v. Drug-free workplace.



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A unique sandwich shop, is **NOW HIRING** in all DC locations  
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Sandwich Makers, Shake Makers, Hourly Managers, Certified Trainers

Apply at one of our

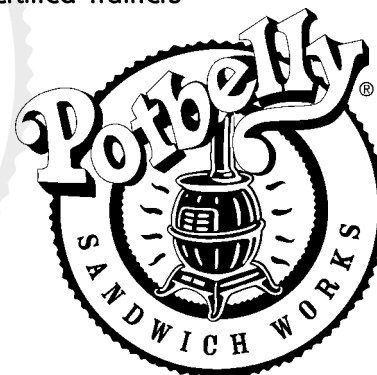
**JOB FAIRS:**

Tuesday, August 1  
Wednesday, August 2  
& Thursday, August 3  
3-5pm each days.

1900 L Street, NW, Washington DC 20036  
or 726 7th Street, NW, Washington DC 20001

If unable to attend or have any questions,  
call 866-POTBELLY ext 4109

[www.potbelly.com](http://www.potbelly.com)



## Classifieds

## JOBS

**SALES**—A professional needed for direct in-home sales. Willing to train the right person. Career-minded individuals only need apply. Call 877-242-7511, ask for Derek

## SALES

## The Washington Post

Advertising Rep  
Part-time

15 or 16 hours/week. Respond to inbound calls from clients, assess advertising needs and propose a targeted advertising solution based on budget and target market. **Inside sales.** Great entry-level advertising/sales/marketing opportunity! Communicate product options and sell the value of each. Upsell and cross-sell. Base hourly rate plus sales incentive. Daytime hours. Requires motivation to consistently exceed sales goals, min. 40 WPM typing, and experience in customer service, preferably in a sales environment.

For more information: [www.washingtonjobs.com](http://www.washingtonjobs.com)

Send resume to: [Talentsearch@washpost.com](mailto:Talentsearch@washpost.com)

Attn: HR/1516EXP/JT

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## SALES

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If you're looking for the ability to put your ideas to work, we're the company for you!

## Candidates must:

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Call us today for an interview  
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301-899-7800

**SALES/Marketing/Office Mgr**—for wholesale bakery in Alexandria, VA. Exper req'd. Call Maurice Pastries, Inc., 703-642-0249

## Sales

## The Washington Post

Outside Account Mgr.  
Real Estate Advertising

Sell online advertising to brokers/agents in the real estate industry. Outside sales, strategic and tactical, consultative selling, cold calling, build client relationships, sales presentations, communicate product options and value of each. Requires sales confidence and enthusiasm, self-starter and independent learner, strong organizational skills, sales planning and outside sales experience. Familiarity with real estate advertising products a plus.

More information:  
[www.washingtonpost.com](http://www.washingtonpost.com).

To apply, send resume to:  
[talentsearch@washpost.com](mailto:talentsearch@washpost.com)  
Attn: REPOST/JT.

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## SALES PROFESSIONAL

Seek coaching & teaching abilities, self driven indiv. Lucrative pos. w/ Fortune 100 co. Full benes. incl'g 401K & pension. Mngt. potential within 2 yrs. 301-214-6739.

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Access Worldwide has immediate Full-Time positions available for Professional Tele-Sales Representatives.

- Previous B2B sales exp w/ proven track record.
- Excellent negotiation and closing techniques.
- Prior Telco Industry, Sales, Telemarketing or CSR experience a plus
- PC Literacy (Excel/Word/Outlook req'd)
- Must type 25+ WPM
- Weekday schedule, Monday - Thursday 8am-5:30pm, Friday 8-12noon
- Paid Training \$10.00. Base salary after \$13.00
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Apply in person:  
• PG Plaza Metro  
6505 Belcrest Rd.  
Suite - 100  
Hyattsville, MD 20782  
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1820 N. Fort Myer Drive  
Suite-300  
Arlington, VA 22209

Call: 571-438-6555  
Fax: 866-589-7312  
E-Mail: [recruitment@accessww.com](mailto:recruitment@accessww.com)

## SECRETARY

Excel admin/computer skills.  
Call 703-799-9051

**SECURITY**—Security guards needed. Must have current DC guard lic. Starting \$10/hr. 301-583-0303.

## TEACHER

INSTRUMENTAL MUSIC/  
BAND DIRECTOR

FT/PT able to teach brass, WW & Prec. Private schools, MD & DC. Transportation necessary. Position starts September 1st. Send resume to: Archdiocese Music Program, PO Box 438, West Friendship, MD 21794 for more information CALL 301-854-6318 weekdays 9:30am-3:30pm.

**TEACHERS**—Academy is looking for two lead teachers and 3 Teacher Assistants for Praise Academy to begin in September 2006. Call 202-543-3050

## TEACHERS F/T

needed for Infants, Toddlers & 2s. Must have CDA or higher in Early Childhood. Loc. nr Foggy Bottom. Call 202-663-3555 or fax resume to: 202-663-3572

## TEACHERS

Special Ed school grades 3-12. Degree/MD cert. (Spanish a plus). No metro access. Fax resume to 301-809-3642.

## TECHNICIAN

Northern Virginia, fully automated, bread bakery seeks Technician/Maintenance person. 5 yrs. exp. \$52K a year. FAX resume to: 703-941-9136

**TELEMARKETERS**—Experienced Telemarketers. Work at home. Progressive mortgage co. has several openings. High commission, \$30,000+. PT/FT. 240-997-8200, ATML, LLC.

## TELEMARKETING

Earn up to \$25/hr. NOV01 is looking for highly skilled, exper'd inside sales reps to market for Fortune 100 co. FT/PT. Great working environment, Laurel, MD. Call 301-361-1111, ask for Mark.

## TELEMARKETING

PT. \$8-10/hr. Ask for Mr. Pope: 301-699-3410.

## TELEMARKETING

\$11.50/hr + Bonus

Experienced reps needed for fundraising

- Day/eve/wknd hrs avail.
- Prof. environment
- McLean, VA location
- CALL Tina 703-761-0774.

## Valet Parking Mgr

Day or evening. MD. Call 301-986-9271

## VET RECEP.

M-F, with alt. Sats. FT/PT, vet exper, pref'd. \$10-\$14/hr. Apply in person: 2935 Chain Bridge Rd, Oakton, VA

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YOU THINK

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1430 Spring Hill Road, Suite 200  
McLean, VA 22102

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Silver Spring, MD 20910

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**\$\$\$BED**—\$275 QUEEN EURO PILLOWTOP SET NEW IN PLASTIC WARRY CAN DELIVER 571 722 2100  
**8PC-Cherry sleighbd set, new in boxes, \$575-val \$1100 301-343-8630**

**BAR TBL & CHR\$**—\$395; 4 Poster Bed \$495; Patio Tbl & Chrs \$95; Bookcases \$55/ea; Server \$50; Chest of Drawers \$60. 301-559-1063

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**MD 301.324.8684 301.468.6443**  
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**GRANITE COUNTERTOPS**—\$5-\$31 per sq. ft., Sat. Aug. 19, remnants & full slabs. Great color selection. 301 627-7630

**NE-1161 Abbey Pl. NE**—Furn. Lady's clothing, accessories, Sat July 29 8am-12pm 202-546-1483  
**WANTED**—Dishnetwork satellite receivers, cards & remotes. Any condition. 703-434-1497

## TICKETS

**Bahamas/Florida Pkg**—6 days 5 nites. \$250 couple value \$1500. Open date. No catch! 757-424-0705

## PETS

**2 Horse SL Trailer**—% Shoop x-tra hi/wide bp w/dr. Good floor, tires, etc. \$4,100. 703-403-3361.  
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**ENGLISH MASTIFF PUPS**—Ch.sired. Brindles & Fawns. 6 Fems. Ready Now. \$1800-\$2000. 540-784-0328

**GERMAN SHEP PUPS**—3 mos. old, blk F, 1 M, 1 F sable, European working lines. Shots, tatoos. \$850. 301-372-3558, 301-751-8812

**GERMAN SHEPHERD-AKC Pups**—THE BEST! German parents on prem \$800 410-319-9143 410-294-6265

**GREAT PYRENEES**—AKC, gentle giants, s/w, 814-623-8243.  
[www.monsoirvacationhomes.com](http://www.monsoirvacationhomes.com)

**LAB PUPS**—AKC/OFA chocolate, blk, ylw, Dickendall/endless mt. champs. Vet chkd, dew-clawed. Ready 7/20, 8/9. 410-857-0176.

**Lost Dog**—LOST DOG 14 lb black female terrier mix. Has tags with brown leather collar. Last seen at Macaroni Grill, Reston Town Centre. REWARD call 303-941-8215

**PUGGLE PUPS**—3 nine week old m/ pups. 1 blk, 1 fwn, 1 tri. Parents on site to see. Friendly & Playful. Don't Miss! Call Kurt @609-238-2036

**Rottweiler Pups**—9wks. 1st shots & dewormed, ready to go to good loving home. \$400. 410-535-2257

**ROTTWEILER RESCUE**—PETCO, Sat. Aug. 5, 2-5pm., 1507 Rockville Pike. Dir. 301-984-9733

**Teacup Chihuahua**s—9 wks old, CKC reg, 2 Fem, show potential, \$800/obo. [www.jkrchiuhuas.com](http://www.jkrchiuhuas.com)

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All advertisements for the sale or rental of dwelling units published in Express are subject to the federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation, or discrimination." State law forbids discrimination based on factors in addition to those protected under federal law.

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**ALEX/HUNTINGTON METRO/RTE 1**  
2BR apt. \$1200 all utils incl. Call 571-238-7525

**ALEX/KINGSTOWNE**—3BR/2BA condo, fp, balcony, parking \$1650 Avail 9/1 319-651-3083

**ALEX/LANDMARK**—2BR, 2BA condo, w/D \$1400 avail now 703-604-9634

**ALEX/Landmark**—2BR, 1 BA. \$1350 + elec. Call Paul 703 628-3616

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Alexandria EHO

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## Classifieds

## RENTALS

**ALEX/LANDMARK - FURN 1BR** Beaut furn, sunny lux 1BR. 14th fl., mag view, balc. Lrg closets, pool, tennis, hlth club, shuttle to Metro, free prkg, clean svc, utls, all incl. N/S \$1650. **Kevin 703-751-1109**

**ALEX**—Lg 1 BR 1½ BA, duplex up/ds w/balc, new cab, kitch appl, 14th flr, \$1200/m. Fountains Condominium. 1st Mo. Rent FREE 703-916-8570.

**ALEX**—Lovely new 2-car garage TH, 3 lvs, 3BR, 2 FB, 2 HB, hdwd flrs, fpl. \$2800. Rent/rent to own. Avail. now. 703-899-3530

**ALEX S**—\$1400 Luxury 1BR condo view deck beauty pool gym near Metro

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• Wall-to-wall carpet  
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**SIL SPG/20906 - \$1795 - A RENTAL LIKE NON OTHER!** Upscale & remod. Spacious 3BR + den. 2BA. fncd yard, deck, storage, landscaping & more. Pictures avail. Paul, Re/Max Alleg. 301-490-5400

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**SIL SPG/KEMP MILL** **\$2300**  
4BR 3BA. carport. beautiful hdwd flrs. deck & more. Call Menkis Real Estate. 301-946-4050.

**SIL SPG/STONEGATE** **\$2400**  
Gracious 5BR 3.5BA on lovely lot. TS kit. FR w/fpl. 2 car gar. Avl immed. Menkis Real Estate 301-946-4050.

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**'A great place to live'**  
• Beatiffully wooded landscape  
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**FREE UTILITIES**

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2BR Apt Available Immediately  
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**EAGLE'S CROSSING**  
Parklike setting, Dishwasher, W/W carpet. W/l c/closets. Emergency Maint. Central Laundry facility.  
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5BR 2BA. 2 fpls. Lock in price at \$440,000. Rent credit. Call Menkis Real Estate, 301-946-4050.

**TEMPLE HILLS**—2 BR condo, Nr Metro. \$1275. Section 8 welcome. Call 301-943-2518.

**TEMPLE HILLS**—Hse to shr. Summer Hill Rd. 202-829-3307

**TEMPLE HILLS/Hilcrest Hts - \$1800/mo - A Fabu-lous SFH.** Lg 3BR 1.5+ .5BA Ramb. nr Metro. w/d. fncd. fin bsmt, more. Spac rms. Never rented. Conv. to all. Must see. 2203 Iverson St. Bob, 240-350-0100

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• Park-like setting  
• Wall-to-wall Carpet  
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• Huge living rooms  
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Freshly painted, new carpet, hdwd flrs. 4BR. 2.5BA. ¼ mile to shopping/Bus. Avl immed. Call Menkis Real Estate 301-946-4050.

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**H-rise studio apt w/prkg**

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Secluded 3BR, 2.5.5BA, 3lv end TH, in Towns of Forest Hills. Frpl, patio, avail now. Call Kirk Century 21 Howell & Assoc. 703-941-1300

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ROOMMATES

**ALEX/BELLHAVEN**—F prof shr lge quiet home, nr trans/shpg, exc nrhnd, mins frm OT. \$500 incl utlis & cable. Call 703-765-7281.

**ARL**—Furn. BR in 3 BR hse. nr Balston. \$700+ 1/3 util./CATV. F to shr, N/S, no pets 703-807-0257

**ARL**— Wlk Ballston Metro. Immed Rms \$595 Rm \$775 w/ priv BA & ent+ utlis. **703-599-7572**

**BURKE/GMU**—Shr SFH. 2BRs avail. \$500 & \$650. Incl utlis, cable, internet. 10835 Split Oak Lane, 22015 Call Erkin 571-274-7266

**BURTONSVILLE** — 2 Females to share 3BR, 2½BA TH, no smoking, no pets, \$800.  
Call 301-642-4545, 301-890-0819.

**CAPITOL HTS**—Bedrm in shared SFH. Shr BA, W/D, H5-net. N/S, N/P. \$525 incl utls + sec dep. 240-383-9309.

**COLLEGE PARK**—Hse to share. Lge rooms. \$550+deposit & utlis. Close to UMD. Avl. neg. 301-446-0268

**FAIRFAX CITY**—prof. M/F shr 3 lv TH, N/S, LL, BA, sitrm., no pets, \$485+¼ util; add'l rms avail for \$340+¼ utlis. 703-385-0248/703-343-3568

**FORESTVILLE**—Shr hse, beaut furn rm, quiet loc, pvt BA, DVD/CD/TV/cbl. \$175/wkly+util.  
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**LANHAM**— Shr hse. Rm avail. 5 min drive to Metro. Prof N/S. \$125-\$135/wk & \$525/m 240-645-2380.

**SE**—Prof M or F to shr condo, n/s n/p, fully furn, newly renovated, Jacuzzi, full kit, w/d, cable TV. \$175-350/wk utlis inc. 202-536-5586

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**SIL SPG**—Furn rm to rent in hse to shr for M. W/D, internet & cable, kitch prnt. N/S, safe, near Metro. \$550/mo, nclcd utlis. Henry 301-962-7171.

**SILVER SPRING**—Basement shopping, N/S, living room, BR, BA, Kitchen, utilities included separate entrance \$850 mo. dep. required 301-408-1490

**SPGFLD**—House to share inside Beltway. Avail immed. \$600/mo call 703-354-6478

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**SPRINGFIELD**—M/F, N/S, N/P, fully furnished, own ph, SFH to shr, clean, safe, quiet, owner travels alot. \$495 + 703-971-3731

**STERLING**—House to shr, 1 big BR, and bsmt. Nice neighborhood. Call 703-675-2278

**TAK PK/NW (Walk to Metro)**—F. shr. condo w/F. Lg. sunny furn. BR, Pool, gym, stores. \$595. Short term ok. 202-723-0515

**UPPER MARLB**—1 MBR \$700; other rms \$500 & \$550. Quiet neighborhood. 240-423-9930

**VIENNA**—prof, n/s, m-f. shr lux TH. Lg bsmt suite w/ prvt BA and entr., wlk to metro, n/p, \$850 +util. 2nd room avail \$550 +. 703-963-7794.

**WALDORF**—TH, avail now, 1800 Sqft, 3BR, 2.5BA, MStR w/ vaulted ceilings, fin bsmt, 1 car grg, deck, fncd in yard, sec sys, 40 mins from DC/VA & Tax River, \$1600/mo. Call 202-236-3291

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Brand New 1BD/BA King St Metro in The Royalton, on Courtyard, close 2 Elev. From King St. Turn on Reinekers Ln to Holland Ln. Park in Whole Foods Garage 2 St Lvl to 309 Holland Ln, 136. Call 703.869.8080. www.HomesByGarnet.com

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3BR 2½BA 2 lvl Condo. all new applncs. completely renov. all new windows & doors. garage. storage. Call 703-861-2908

**ALEX**—Open Sun, 1-4. 2BR owner suite, 2 lvl, gar, fp. Fairfax Realty, 240-417-7746.

**ALEXANDRIA \$289,000**—2BR, 2BA condo on Edsall Rd. Completely renov. Seller to pay condo fee for 1 year. Contact Deneen Swann for showings 301-332-4059. Coldwell Banker 301-262-6800

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FALLS CHURCH-VIENNA

Like new 1BR, fpl balcny \$319,000  
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**CAP HILL \$189,000 7 18TH STREET, SE #204** 1 Bk from Metro & The Nationals. Newly updated 1BR 1BA condo. A Must See! Re/Max Allegiance, Nate Tate, 202-262-8819

**CAP HILL \$239,000 7 18th Street SE #107** Brand new renov, w/all the bells & whistles. Hdwd flrs. SS applincs. 1 blk from The Nationals & Metro. Nate Tate, Re/Max Allegiance, 202-262-8819

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**Hdwd flrs, grnte, ss appls, w/d, marble, recess, lg. balc, sec prkg. OPEN WED, SAT, SUN 3-5pm.**  
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Great opportunity for serious investors and members of the diplomatic community! Elegant 9,000 sq ft historic home located at 2216 Wyoming Avenue NW in the Kalorama district is selling for \$3.3 million immediately. After extensive renovations, the estimated market value is at least \$4.5 million. Call Brian (202) 256-3885

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Live in Sought after Willow point Condos. Just inside The Inner Loop And Easy Access To The Dunn Loring Metro. One Bedrm Unit W/many upgrades.Rt-50 west take LT on Jaguar trail and RT on Willow point dr to 7694. 7037982696FFXRLTY

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Luxury 1 and 2 BR starting below \$200,000, Cherry wd flrs, all marble baths, w/d, granprking.

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2BR/2BA. Fully furnished! On rental plan. \$149,000. Call 301-774-8200.

**ROCKVILLE/Walk Metro** **\$319,900**  
Handicap acc, 2BR 2BA. patio. w/d. gar pkg. Jobin Realty, 301-674-1234

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Beautiful, renov, 2BR 2BACorner unit, W/D, balc, gar, lux bldg. \*Call 703-370-8670 Taylor Brown Realty

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**Arlington** **\$749,900**

**WALK TO METRO**  
SPACIOUS 3BR, 2 1/2Bath Rambler on large private lot. Open 1-4. Close to I66. From Lee Highway, N on Underwood, L on Little Falls to 6724 on Left.

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**BALT/Mt Washington**—2600 Manhattan Avenue (21215)6BR, 2½BA, double lot, deck, 2-car gar, frpl, hdwd flrs, detached, \$449,900. Call Angelo Cooper

Classifieds

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3 BR 2½ Bath townhouse in Montgomery Village  
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**2 RENOVATED RAMBLERS** on Hi Wood Dr. Over ½ ac lots. Must sell. All reasonable offers considered. By Appt. 301-309-9651, Brokers welcome.

**SE \$285,000 - 1412 Bangor Street (20020) 2BR,** 2BA att. renov home. All new appls, duct work, A/C, ceramic tile, new wind, wd flrs+-. Long & Foster, 301-434-8900. Call Mrs. Craven, 301-704-5214

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3BR, 2½BA, only 5 yrs old. Home warr, nr Metro. Ready to move in. 3906 Cole Blvd. **Call Scott, 202-577-5993 Century 21 - Ashby 202-543-8060**  
**SILVER SPRING**—400sf office for rent next to Beltway & Metro. Call R. Shafer 301-663-5122.

**SILVER SPRING—Palacial colonial.** MLS#MC6118808. Dan Krell Realtor Fairfax Rty Inc. 301-529-8475 (o)301-881-9800. Equal Housing Opp  
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Open Sunday 1-3  
All brick 3 BR rancher with lots of updates & convenient location!

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Expanded Stonefront Home, Premium Lot on Cul-de-sac, Hdwd flrs., Designer molding and Woodwork, Gourmet Kit., Cherry Cabs., Granite Counters, S/S applincs. Upgraded BAS, Ceramic Tile, Close to VRE, I- 95 & Conveniences. Open Sun 1-5 PM. Call Steve Collins 703-799-2577. I-95 exit 152A, R Rt 1, L Graham Park Rd, R Cabin Rd, R Stonewall Manor Dr, L Germainia Ct. 3511. **Weichert, Realtors**  
**Tyson's Corner**—For Sale by owner. Single Family, 4 bedrooms, 3 baths.Prime location, large lot. Walk to Malls. Call 703 628 8877

**UPPER MARLBORO/Perrywood - 1404 Barnacle Geese Ct** — 4BR, 2FBA, 2HBA Colonial, fin bsmt, E-I Kitch. Conven to bltivy & Capitol Cntr Blvd & Six Flags. \$555K. **RE/MAX ONE, Call Cheryl, 202-285-3108.**  
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**\$99,450**

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**BOSS HOSS '03** - 4600 MI. 35385 Horse Power, high dollar paint. unbelievable, many tasteful upgrades, selling for health reasons \$32,500 301-574-0940.

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**CAD '94 DEVILLE**—White/blue lthr seats, DC insp, clean,cd,blue canvas top. \$4,000/obo. 202-345-1383

**CHEVY '05 Suburban**—Auto, 52k mi, Blue Metallic w/pinstripe, AM/FM/CASS/CD, Insp, Snrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$24995, 540-446-9885

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**CHRY'S '00 Sebring Convert. JX**—Sil, V6, auto, A/C, pwr/steering, wind, lcks, seats & roof. CC. ABS brks, airbags, AM/FM cass st. \$4,300/obo. Call David, 703-838-0133

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**FORD '96 Explorer Sport Trc**—Auto, Blk/Tan, \$3100, 703-434-1125

**GMC '97 Sierra**—Auto, 85k mi, Red/Silver, AM/FM, Cassette, Insp, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$5275, 703-627-0356

**HONDA '89 Civic Wgn**—looks+runs good, gas saver, reliable, dependable, Sky Blue, a/c, heat, 164K mi, \$1195/obo. 240-593-2638

**INFINITI '04 FX35**—Auto, 49k mi, Silver, AM/FM, Cassette, CD, Insp, Snrf, Mnrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$28500, 703-407-7127

**JEEP '98 Grand Cherokee**—Limited, Red, 152k mi \$5000, 443-812-1589

**LANDROVER '96 DISCOVERY**—Blk w/tinted wndws, CD, 119k mi, 4WD, tow hitch, \$3900, must sell. 772-332-1403, kclairc@aol.com

**MERCEDES**—'87 560SEC, 200K mi., good condition. \$4000 or best offer. 301-580-9600

**NISSAN '05 Altima**—Auto, 26k mi, silver ext/black int., AM/FM, CD, Insp, AC, PW/PDL, PS, ABS, Cruise, Tilt, \$14800, 570-947-4388

**NISSAN '04 350Z Roadster Touring**—NAVI, 6 sp, 32k mi, silv, am/fm, cass, cd, insp, ac, pw/pdl, abs, alloys, cruise tilt. \$26,000/obo. 240-346-4588

**OLDS '98 AURORA**—4 Dr, auto, fully loaded, CD, black/black, perfect cond, \$3750. 301-894-2674

**SUBARU '04 Outback**—Auto, 87k mi, Red, AM/FM, CD, Insp, Mnrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$17500, 703-201-4257

**TOYOTA '05 Prius**—Auto, 8k mi, Silver, AM/FM, CD, AC, PW/PDL, PS, Cruise, Tilt, \$25000, 202-265-1956

**TOYOTA '03 Tacoma Pickup**—5 spd, 108k mi, AC, PS, ABS, \$7900, 540-847-1175

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# LOOK out

\* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Stay cool, look cute  
in back-to-school  
fashions | **35**



**Blog Log:** D.C.'s ulterior motives at the gym | **36**

**Mel Hell:** He's in rehab, and he's in trouble | **38**

## Communication

### Why the number of pay phones keeps on dropping nationwide

A stroll along Ninth Avenue in Manhattan reveals an ugly picture of the state of the pay phone these days.

The phones are sticky, beat up and scarred, and some don't work at all. A child's change purse is stuffed on one phone ledge, along with a large wad of wrapping plastic. On a nearby ledge, an empty bottle of tequila sits in front of a hole that once held a phone. Empty cans of malt liquor sheathed in brown paper bags are a frequent sight.

With rising cell phone use and vandalism and neglect taking their toll, pay phones are disappearing around the nation. Consumer activists and advocates for the poor have protested the drop in numbers — saying that public phones are necessary in emergencies and represent a lifeline for those who can't afford a cell phone or even a landline.

"If you have a cell phone, you hardly look for the pay phones," said 25-year-old Sayed Mizan. "Besides, most of the time if you see the pay

**“Most of the time if you see the pay phones, they're either out of order or they're too filthy to touch.”**

**SAYED MIZAN**  
N.Y. RESIDENT

phones, they're either out of order or they're too filthy to touch."

Public phone operators insist that the bad reputation of pay phones is undeserved — though they do concede that they have removed many stands in recent years due to falling use.

Nationwide, the number of pay phones has dropped by half to approximately 1 million over the last nine years, according to an estimate by the American Public Communications Council, a trade association for independent pay phone operators.

A full 7.1 percent of the nation's households had no phone of any kind in November 2005, up from 4.7 percent three years earlier, according to the Federal Communications Commission.

For those people, and for the estimated 43 percent of U.S. residents with no cell phones (as of



**ALLED OUT:** The rise in cell phone use has led to a major drop in pay phones.

# Lost Connection

June 2004), pay phones are especially crucial, advocates say.

"Pay phones are a big deal for them," Sage Foster said of the

homeless men and women he works with as a housing counselor. "For most of them, it's their only means of communication."

Pay phones also served an important purpose during two recent catastrophes in New York City — the Sept. 11 terrorist attacks and the 2003 blackout that darkened much of the Northeast. Cell phones failed during the crises, but many pay phones kept working because of their direct wiring and the phone company's backup power stores.

But public telephones were not always regarded as such a blessing.

In the late 1970s and early '80s, the phones became increasingly unpopular with community boards and local officials afraid of drug dealers. Eventually, Verizon changed all its phones to refuse incoming calls and removed phone booths, which had become grim repositories for trash and human waste.

But the phone stands that replaced them are still magnets for trash and vandalism, and some still smell distinctly of urine.

Despite the rising costs, it is unlikely that pay phones will be phased out entirely, according to industry representatives who say demand remains high in working-class neighborhoods and in locations like truck stops and airports.

Marilyn Ginsberg, a retired city employee who at 63 relies almost exclusively on her cell phone, says she hopes they are right. "They're important to have around, if for no other reason than if there's an emergency, someone can dial 911," she said. SAMANTHA GROSS (AP)



## High Cholesterol?

**Are you currently taking medication for your high cholesterol?**

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**National Institute of Mental Health**  
National Institutes of Health, Department of Health & Human Services

# A Spirited Argument

## Alcohol

### European countries spar over the true meaning of vodka

Heini Alajaaski doesn't understand what all the fuss is about. For her, vodka, or viina in Finnish, is mostly about having a good time and not what it's made of.

But battle lines have been drawn in a Europe-wide "vodka war" as nations wrangle over the definition of the centuries-old spirit. The stakes are high as rival groups fight for dominance in a booming world vodka market worth around \$12 billion in annual sales.

Finland is aligned with Poland, Sweden and other traditional vodka producers around the Baltic Sea, who want the European Union to insist that only spirits made with traditional ingredients — barley grain and potato — should be allowed to carry the vodka label.

Pitched against them is a group

**“We do not wish to stop anyone from producing vodka. [But] we do not like to see just anything called vodka.”**

**PEETER LUKSEP**  
VIN & SPRIT AB

led by Britain, the Netherlands, France and Austria — and backed by London-based multinational drinks producer Diageo — which take a more relaxed view of what can go into vodka, such as grapes, beets or citrus fruit.

Alajaaski, 23, a bartender at a watering hole, says young drinkers who increasingly see vodka as a popular tippie mixed with fruit juice or sodas care little about what's in it.

"I prefer the Finnish vodka for the taste," she says while drinking a Smirnoff Ice vodka drink on her night off. "Of course, some vodka tastes better than others."



Traditional makers of vodka say only barley grain and potato should be used.

For the traditionalist camp, that is the heart of the matter. They argue that vodka's reputation rests on a distinctive flavor and is being undermined by stuff masquerading as the real thing.

Opponents of changing the current definition — which states that vodka is "a spirit drink produced from ethyl alcohol of agricultural origin" — say using traditions and cultures as reasons to impose a nar-

row vodka definition is just a ploy to shut out other vodka producers. They say that could cause turmoil for the global drinks industry.

Alan Butler, external affairs director for Diageo PLC, which now owns Smirnoff and makes Ciroc, a vodka made with grapes, warned that if the European Union moves to restrict vodka ingredients, a trade war could ensue, causing upheaval in the vodka market worldwide.

"The risk is that we will be effectively expelling from the European market American vodkas made from other raw materials," like maple syrup or corn, Butler said. "If you set up a technical barrier to the import of what is legitimate U.S. vodka, then I'm sure the United States would look at how it would protect its producers and retaliate in some way which would restrict the import of European vodkas to the U.S."

Peeter Luksep, from Sweden's Vin & Sprit AB, a state-owned liquor distributor that makes Absolut, rejected that.

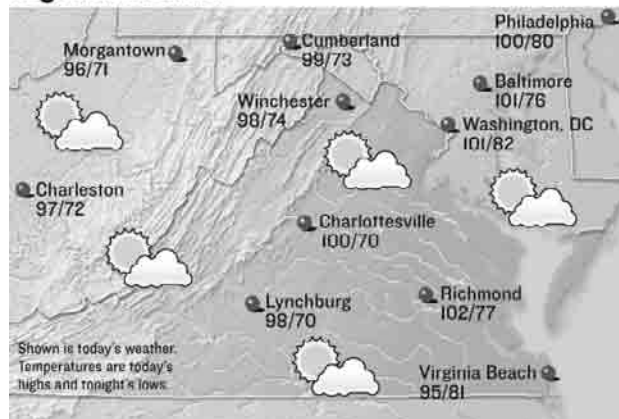
"Our traditions are mirrored in industry realities. ... In our countries, vodka accounts for 70, 80 or even over 90 percent of all spirits produced. We do not wish to stop anyone from producing vodka," but, he added, "we do not like to see just anything called vodka."

CONSTANT BRAND (AP)

### 5 Day Forecast for the Washington Area

| Today                     | Tonight                         | Wednesday                 | Thursday                 | Friday                  | Saturday                |
|---------------------------|---------------------------------|---------------------------|--------------------------|-------------------------|-------------------------|
|                           |                                 |                           |                          |                         |                         |
| Mostly sunny, record heat | Mostly clear, hazy, warm, humid | Partly sunny, record heat | Chance of a thunderstorm | A thunderstorm possible | A thunderstorm possible |
| 101°                      | 82°                             | 101° / 80°                | 99° / 78°                | 91° / 76°               | 91° / 76°               |

### Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

### Almanac

Washington, D.C., through 4 p.m. Mon.

| Temperature      |     |
|------------------|-----|
| High             | 96° |
| Low              | 78° |
| Normal high      | 88° |
| Normal low       | 70° |
| Average humidity | 55% |

### Precipitation

|                        |        |
|------------------------|--------|
| 24 hours ending 4 p.m. | 0.00"  |
| Month to date          | 3.56"  |
| Normal month to date   | 3.66"  |
| Year to date           | 28.65" |
| Last year to date      | 27.27" |
| Normal year to date    | 22.82" |

For up-to-the-minute weather, see:  
[washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

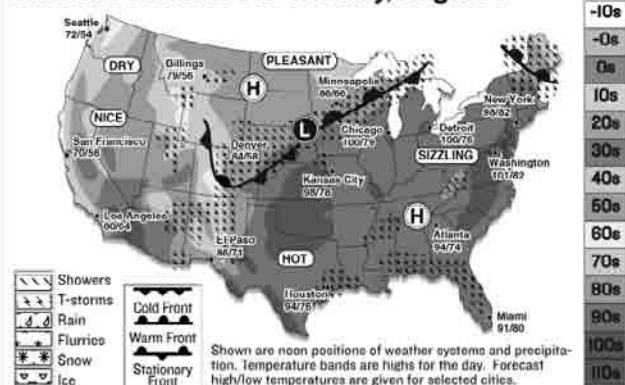
**D.C. Metro:** Today, mostly sunny, record-breaking heat, humid. High 101. Wind west-southwest 6-12 mph. Tonight, mostly clear, hazy, warm, humid.

### Sun and Moon

|                |            |
|----------------|------------|
| Sunrise today  | 6:09 a.m.  |
| Sunset tonight | 8:20 p.m.  |
| Moonrise today | 1:12 p.m.  |
| Moonset today  | 11:43 p.m. |

| First | Full  | Last   | New    |
|-------|-------|--------|--------|
|       |       |        |        |
| Aug 2 | Aug 9 | Aug 15 | Aug 23 |

### National Weather for Tuesday, August 1



### National Cities

| City          | Today     | Wed.      |
|---------------|-----------|-----------|
| Atlanta       | 94/74/t   | 93/74/t   |
| Boston        | 94/78/pc  | 100/76/s  |
| Chicago       | 100/79/s  | 90/68/t   |
| Dallas        | 100/77/pc | 100/77/pc |
| Denver        | 84/58/pc  | 82/56/t   |
| Honolulu      | 86/76/pc  | 89/77/s   |
| Los Angeles   | 80/64/pc  | 82/64/pc  |
| Miami         | 91/80/pc  | 90/79/t   |
| New York City | 98/82/e   | 98/82/e   |
| Orlando       | 94/75/t   | 92/76/t   |
| Seattle       | 72/54/pc  | 72/53/pc  |

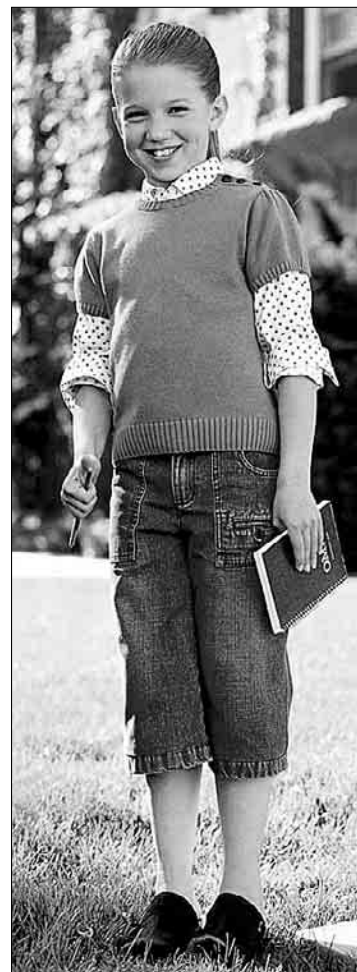
### World Cities

| City         | Today    | Wed.     |
|--------------|----------|----------|
| Amsterdam    | 68/60/r  | 68/59/t  |
| Athens       | 94/74/s  | 93/75/s  |
| Berlin       | 84/62/pc | 75/55/pc |
| Buenos Aires | 54/47/s  | 51/49/pc |
| Calgary      | 68/47/s  | 70/46/s  |
| Dublin       | 66/50/c  | 68/50/pc |
| Geneva       | 82/64/c  | 72/55/t  |
| Moscow       | 74/46/s  | 72/56/pc |
| Rome         | 90/70/s  | 90/72/pc |
| Sydney       | 65/49/s  | 63/49/pc |
| Tokyo        | 74/70/sh | 80/72/c  |

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sn=snow, i=ice.



# Styles | LOOK<sup>\*</sup>out



## When fall styles are too hot, students find stylish ways to chill

What's hot in back-to-school fashion is dictated by what kids think is cool.

But about 70 percent of the nation's public school districts open before Sept. 1, so it's still full-blown, sun-shining summertime when students walk out the door. That can make the new hoodies, dark-wash jeans and kilt skirts bought during the back-to-school shopping spree seem downright stifling. Yet nobody wants to wear summer's faded duds back to school, either. So what are style-conscious kids (and their beleaguered parents) to do?

This fall they can revel in a whole slew of items designed to exploit the of-the-moment layered look, as well as some versatile pieces — using versatile fabrics — designed with seasonal change

# Back to COOL

specifically in mind.

So Lands' End tries to offer some traditional autumnal designs without the autumn weight, said Bradley O'Brien, vice president of design for Lands' End childrenswear. For example, a half-sleeved Fair Isle cotton sweater could be worn alone during the summer, but with a button-down oxford-cloth shirt underneath it later in the season.

The same trick of using layering pieces without actually layer-

ing them will work well for high schoolers and college kids this season, too, notes LeAnn Nealz, chief design officer for American Eagle Outfitters. She envisions girls in knit dresses and denim miniskirts on the first day of school, but adding of-the-moment leggings or skinny jeans under them in October and November.

"The new length — longer tops and dresses are great for layers," Nealz said. "You can also wear skinny [leg] capris and roll them to the knee when it's warm and then

Layering is key in making the transition from summer to back-to-school. At left, Lands' End recommends half-sleeved shirts; at center, American Eagle suggests wearing skirts now and pairing them with leggings when autumn hits; at right, another look from Lands' End combines summery capris with a short-sleeved, lightweight sweater.

unroll them and put on boots for the fall. It looks great."

Also, the funky open-weave sweaters that are proving popular don't hold heat like the more traditional tighter stitches, she said.

Talbots Kids fashion spokeswoman Betsy Thompson said parents should look for versatile fabrics in children's early fall clothes.

Cotton breathes well and feels good against the skin in any season, Thompson said, and cotton is the backbone of corduroy, denim and twill.

Cotton also holds color. This fall's palette is more jewel than harvest, with dark pink and deep purple popular for girls and shades of navy, red, and green popular for boys, according to Thompson.

SAMANTHA CRITCHELL (AP)

## Beauty



### So Close to Perfect

With a promise of "two weeks to great skin" and a price tag of \$125, **AVA MD'S RADICAL DEPARTURE KIT** (avamd.com) has a lot to live up to. And it almost pulls it off. The three-step system (cleansing, followed by an antioxidant spray, then one lotion in the morning and another in the evening) did brighten and smooth out skin in the two-week period. We especially liked the very gentle Orange Calendula Wash, which smelled like a creamsicle. But the issues that plague problem skin — acne, enlarged pores — didn't go away.

KRISTEN PAGE-KIRBY (EXPRESS)

## Celebrity



### Spend for Your Life

Glenn Close is this year's ambassador for **SAKS FIFTH AVENUE'S** Key to the Cure charity initiative, which benefits the Entertainment Industry Foundation's Women's Cancer Research Fund. Key to the Cure includes a special shopping weekend that dedicates a portion of proceeds to charity. This year, it's planned for Oct. 12-15 at all Saks stores nationwide. There's also a limited edition T-shirt, designed this year by Oscar de la Renta. It's a long-sleeved white shirt with a sketch of a pink bow around the neck. Since the shopping event began seven years ago, it has raised more than \$20 million. (AP)

File  
UNDER  
Fad

# LOOK<sup>out</sup> Online



from readexpress.com

## New Metrorail Cars Unveiled

**COMMUTING** | On Monday, Metro introduced a reconfigured Metrorail train car interior to the public, one of many retooled designs that could soon be showing up on your commute.

While there are a few variations, all of the newly configured 6000 series railcars feature more room around doors, including removed seating, poles and windscreens, and they all introduce some bench seating.

Dara, one commenter on [READEXPRESS.COM](http://readexpress.com), was worried about those who can't reach handrails attached to train car ceilings: "I don't understand where (short) people (like me) are supposed to hold on, if standing in the aisle. It

seems that there are no convenient handrails."

What do you think about the new, reconfigured interiors? Send in your thoughts to [COMMENTS@READEXPRESS.COM](mailto:COMMENTS@READEXPRESS.COM).

MICHAEL GRASS (EXPRESS)

### Sign Language Slang

**WRITING** | The corruption of the English language comes in many forms. Seeing inappropriate lowercase letters, awkward abbreviations and the "ttyp" and "lol"-type of shorthand can be irksome. And then there's Erin Himmelmann of [DEAFDC.COM](http://DEAFDC.COM)'s pet peeve: when deaf people use American Sign Language slang in written e-mails, including "25-touches-heart" [unfortunately,



**NEW DESIGN:** Coming to your commute — bench seating on some train cars.

she didn't explain what that means for non-ASL speakers].

"I guess because I'm a stickler for using proper English. When I see people writing things that you say in sign (which makes perfect sense when they sign it), it just looks bad," she writes. M.G.

## ? Poll Center

TODAY'S QUESTION

Will the youth curfew in D.C. lower the crime rate?

1. Yes
2. No

YESTERDAY'S RESULTS

Are expectations for the Redskins too high this year?

**YES** **NO**

59%

41%

As of 5:30 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://READEXPRESS.COM/POLLCENTER.PHP)



"It comes at least once a summer: the hottest week of the year. ... [T]he time is now. To say that it's miserable out there is putting it mildly."

**BELOWTHEBELTWAY.COM** ON THE EXCESSIVE HEAT WARNING ISSUED FOR THE AREA BY THE NATIONAL WEATHER SERVICE. TEMPERATURES IN THE D.C. AREA ARE SET TO RISE INTO THE 100S THIS WEEK.

### A Pedestrian's Plea

"Dearest drivers of 14th Street: Learn some compassion and patience and stop at the crosswalk when someone is trying to cross the street. Stop being self-important and impatient. Learn to be nice to the walkers. Jerkfacs!"

**FICTIONALROCKSTAR.BLOGSPOT.COM** HAS A MESSAGE FOR THE INCONSIDERATE DRIVERS OF COLUMBIA HEIGHTS.

### Attention Bally's

"I don't go to the gym for the eye candy; most times I wear glasses and leave them in my locker. However, I'd like to exercise next to people who don't look like they're two doughnuts away from a Maury Povich show."

**DCGAYSOFOURLIVES.BLOGSPOT.COM** SENDS A NOTE TO BALLY'S FITNESS.



### ← Classy Couple

"[J]udging by the string bikini and topless Kid Rock, you can tell they really went all out to keep this a classy affair. Throw in some close-up shots of the drinks and you'd think this was a damn beer commercial. Only slightly more degrading to women and with less reference to smooth bold flavors."

**THESUPERFICIAL.COM** ON THE FIRST OF FOUR MARRIAGE CEREMONIES FOR KID ROCK AND PAMELA ANDERSON.

"Bush (and Israel) keeps making the same mistakes [forcing] the conclusion that death and suffering are part of their master plan. Today, Baghdad and Qana. Tomorrow, the world."

**FORUM.KEARMAN.COM/BLOG** SAYS THAT DEATH IS INEXTRICABLY TIED TO ISRAEL AND THE U.S., EVIDENCED BY THE RECENT OFFENSIVE IN LEBANON AND CONTINUED WAR IN IRAQ.

## Live Online

### Sports Doping

**DR. CLARKE HOMES**, director of sports medicine at Georgetown University Hospital, was online Monday at [washingtonpost.com](http://washingtonpost.com) to answer questions about drug testing in sports.

**What are the chances that Floyd Landis truly does have high levels of natural testosterone? Any thought on the revelation that Justin Gatlin has tested positive for the same "t" or precursors?**

There is less than a 1 percent chance that he has a naturally elevated level of testosterone that would produce an elevated testosterone/epitestosterone level. The exact details of Gatlin's testing have not been released, but, obviously, he had some form of testosterone elevation, as well.

**Do women athletes take the same steroids with testosterone?**

Yes, some do. The side effect profile is similar to that of a man taking steroids, but women can also develop deepening of the voice, increased

hair growth, menstrual irregularities and other androgen-type effects. The benefits, although outweighed by the side effects, are similar to that of a man — increased lean muscle mass and strength, with a potential for improved recovery time.

**I heard there are still some drugs out there that are still not caught. Is testing going to be able to keep up with the innovation of new drugs designed to beat current tests?**

Absolutely. For example, no accurate test has been developed to detect the use of human growth hormone, despite millions being spent researching this. Undoubtedly, there are some "designer steroids" currently being used that current tests will not detect.

**Why do you think some professional athletes take drugs knowing that it may jeopardize their careers?**

The desire to succeed for some athletes is so high that many are willing to take risks that may jeopardize both their careers and their health. One motivating factor may be financial. Fame, power and money can alter one's sense of good judgment.



**HEAR CHRISTIANITY'S RETORT.** As Jesus was persecuted in his day, so Flying Spaghetti Monsterism prophet Bobby Henderson is persecuted today. Though, instead of being crucified, he's sent nasty e-mails. Peruse Christians' comments, from illiterate ranting to thoughtful criticism, at [fsm.typepad.com/hatemail](http://fsm.typepad.com/hatemail).



**TODAY ON LIVE ONLINE:** Clinical psychologist Madeline Levine will discuss materialism and mental health of children at noon. | [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline)

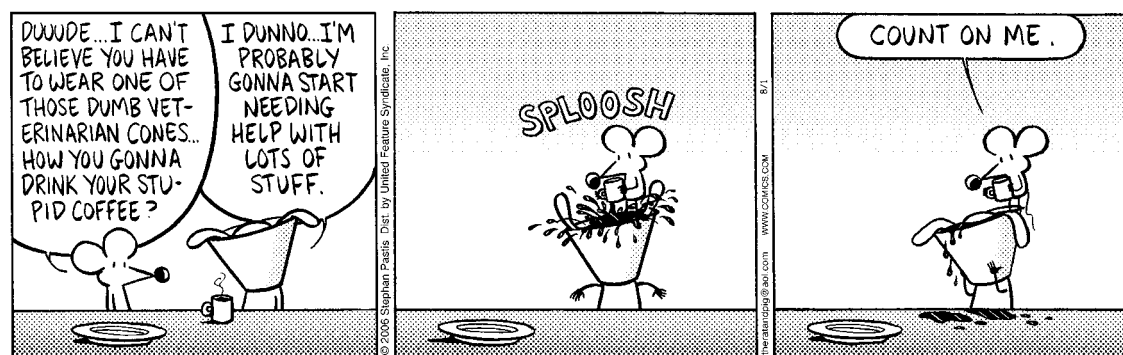


**Bizarro** | Dan Piraro

**Cornered** | Mike Baldwin


Small claims court

**Pooch Cafe** | Paul Gilligan

**Pearls Before Swine** | Stephan Pastis

**The Duplex** | Glenn McCoy


## Horoscope

By Stella Wilder

**LEO (July 23-Aug. 22)** It will be up to you to keep those around you in a relaxed, amenable frame of mind. There is no room for personal or professional conflict.

**VIRGO (Aug. 23-Sept. 22)** Despite your hard work in recent days, you may find you're still not quite finished. Last-minute details await your attention.

**LIBRA (Sept. 23-Oct. 22)** You may be feeling out of sorts as the day begins, but this is not likely to be entirely your fault. It's time to address hidden issues.

**SCORPIO (Oct. 23-Nov. 21)** You can be unusually charming and easy to get along with — provided you get rid of that chip on your shoulder. You have nothing to prove.

**SAGITTARIUS (Nov. 22-Dec. 21)** You can increase your circle of admirers simply by doing what comes naturally. It's your personality that's a winner now.

**CAPRICORN (Dec. 22-Jan. 19)** Spontaneous decisions and actions

will go over better than anything you could plan to the last detail. Let go — and wing it a little.

**AQUARIUS (Jan. 20-Feb. 18)** Your devotion to a current project is admirable, but it should not keep you from enjoying any unavoidable family distractions that may arise.

**PISCES (Feb. 19-March 20)** You'll be in a quandary as to the best approach to take when dealing with a friend who is trapped in a stubborn phase. Try to be direct.

**ARIES (March 21-April 19)** When you find yourself asking, "Should I?" you will surely be better off doing precisely whatever it is. Trust your instincts.

**TAURUS (April 20-May 20)** You're in no mood for anything flashy or ostentatious. Get down to earth, and speak in common, everyday language and tones.

**GEMINI (May 21-June 20)** You may be feeling flighty and whimsical — and this may lead you directly to the door of a new and exciting opportunity.

**CANCER (June 21-July 22)** Waste is not for you, and you can surely do your part to conserve — no matter where you are. You can expect others to follow suit.

## Letters

**Landis Test Details Needed**

**EXPRESS' COVERAGE ON** Friday of Tour de France champion Floyd Landis' drug test left me and I'm sure a lot of other readers

nonplussed. Why do the writers assume we all understand why a high level of testosterone is considered evidence of "doping?" Isn't a high level of testosterone what makes a man a man in the first place?

—DINO DRUDI  
Washington, D.C.

**WRITE TO EXPRESS:** Include name, hometown and telephone number. Submissions may be edited. E-mail to [inbox@readexpress.com](mailto:inbox@readexpress.com) or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

## Today in History

**1914** Germany declared war on Russia at the onset of World War I.

**1936** The Olympic games opened in Berlin with a ceremony presided over by Adolf Hitler.

**1944** An uprising broke out in Warsaw against Nazi occupation, a revolt that lasted two months before collapsing.

**1957** The United States and Canada reached agreement to create the North American Air Defense Command (NORAD).

**1981** The rock music video channel MTV made its debut.



MTV debut today with the video for the Buggles' "Video Killed the Radio Star."

**1996** Michael Johnson broke his world track record by more than three-tenths of a second, winning the 200 meters in 19.32 seconds.

**2001** Pro Bowl tackle Korey Stringer died of heatstroke, a day after collapsing at the Minnesota Vikings' training camp.





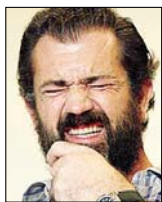
Spike is busy, too. Geez, Mr. Paulison!

## EXCUSES 'I'd See It, But I Didn't Get Comcast Premium'

**SPIKE LEE's** movie about Hurricane Katrina might be seen by the head of the Federal Emergency Management Agency. R. David Paulison said Monday that if he's not too busy grappling with hurricane season, he probably would catch Lee's film, "When the Levees Broke," airing on HBO Aug. 21-22. (AP)

## JOURNALISM We Can Stop Half-Heartedly Saying 'Allegedly' Now

An official police report on **MEL GIBSON's** arrest on drunken-driving charges substantiates claims that he made anti-Semitic remarks, a law enforcement official said Monday. Meanwhile, CNN reported that Gibson has entered rehab. The actor was "participating in an ongoing program to deal with this," Gibson's publicist, Alan Nierob, said Monday. "The guy is trying to stay alive." (AP)



## TREND WHOREDOM

# V.F. Buys Into the Kate Comeback

**KATE MOSS** graces the cover of Vanity Fair's September issue and appears inside the magazine dressed as Marlene Dietrich. Moss has the top spot among the rich and famous featured in the magazine's international best-dressed list for 2006. Other sharp dressers include George Clooney, Oprah Winfrey, Renee Zellweger, Gwen Stefani, Secretary of State Condoleezza Rice, CNN newsman Anderson Cooper, filmmaker Sofia Coppola, Prince William and Jordan's Queen Rania. (AP)

## SHE'S 20!! Lindsay's Mom Totally Forgot Her Birthday

A studio executive should not have scolded **LINDSAY LOHAN** for her absences from the set of her new movie, the actress' mother told "Access Hollywood." James Robinson, CEO of Morgan Creek Productions, chided Lohan in a letter for her behavior. Dina Lohan said the wording was "ridiculous."



Lindsay Lohan was born on July 2, 1986. She's 20!

"I feel when you are 19, it is way out of line," she said. "I don't know him. I can't judge him. I don't think it was a smart thing to do to a young girl." The elder Lohan acknowledged that her daughter has been late to the set on occasion and that the production once had to be scheduled around her. (AP)



By 2020, B.G. was the world's greatest champion of the sanitation workers.

## FAME 'My Tasti D-Lite Cup Was Picked Up by Boy George!'

**BOY GEORGE** will perform his court-ordered community service by picking up trash on New York streets in the August heat, a sanitation spokesman said. He'll be issued a shovel, broom, plastic bags and gloves when he reports for five days of work, said Vito Turso. "This is the epitome of community service," Turso said. "It's not like he's going to be working in an air-conditioned office." (AP)

## THE BIG LIE Another 40-Something Star Who Finds Aging Empowering

**JOAN JETT** may be 45, but that doesn't mean she's outgrown punk. "I never subscribed to the idea that punk rock means you have to play fast and scream," Jett told Newsday. "To me, it means being a rebel, being an underdog, being outside and doing it yourself." Her new album, "Sinner," introduces Jett to a generation that only knows her for "I Love Rock 'n' Roll." (AP)



Aging has probably given her a whole new outlook.

RAY AMATI/GETTY IMAGES

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# LOOKout

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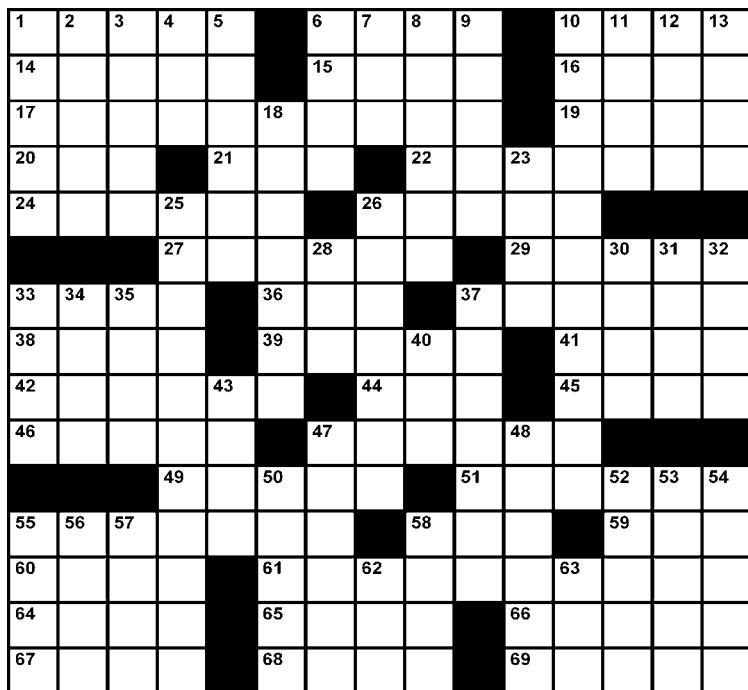
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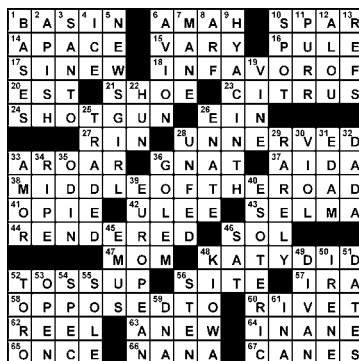
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## Yesterday's Solution



## Su|do|ku

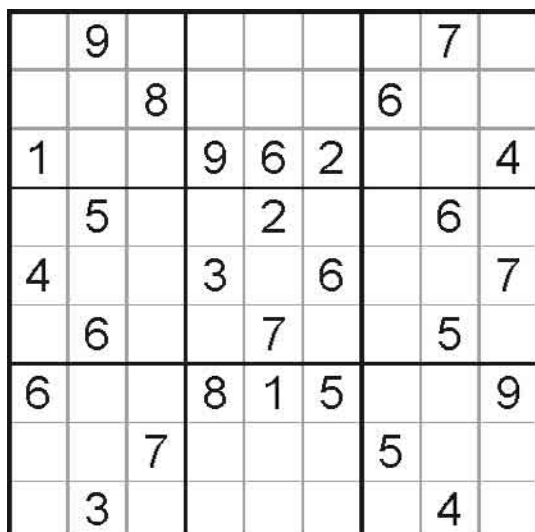
Degree of Difficulty: MEDIUM

Fill in the boxes so  
each row, column  
and 3-by-3 square  
includes the digits 1  
through 9. For solu-  
tion, tips and com-  
puter program, see  
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## Yesterday's Solution



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the Style section ev-  
ery Monday through  
Saturday.



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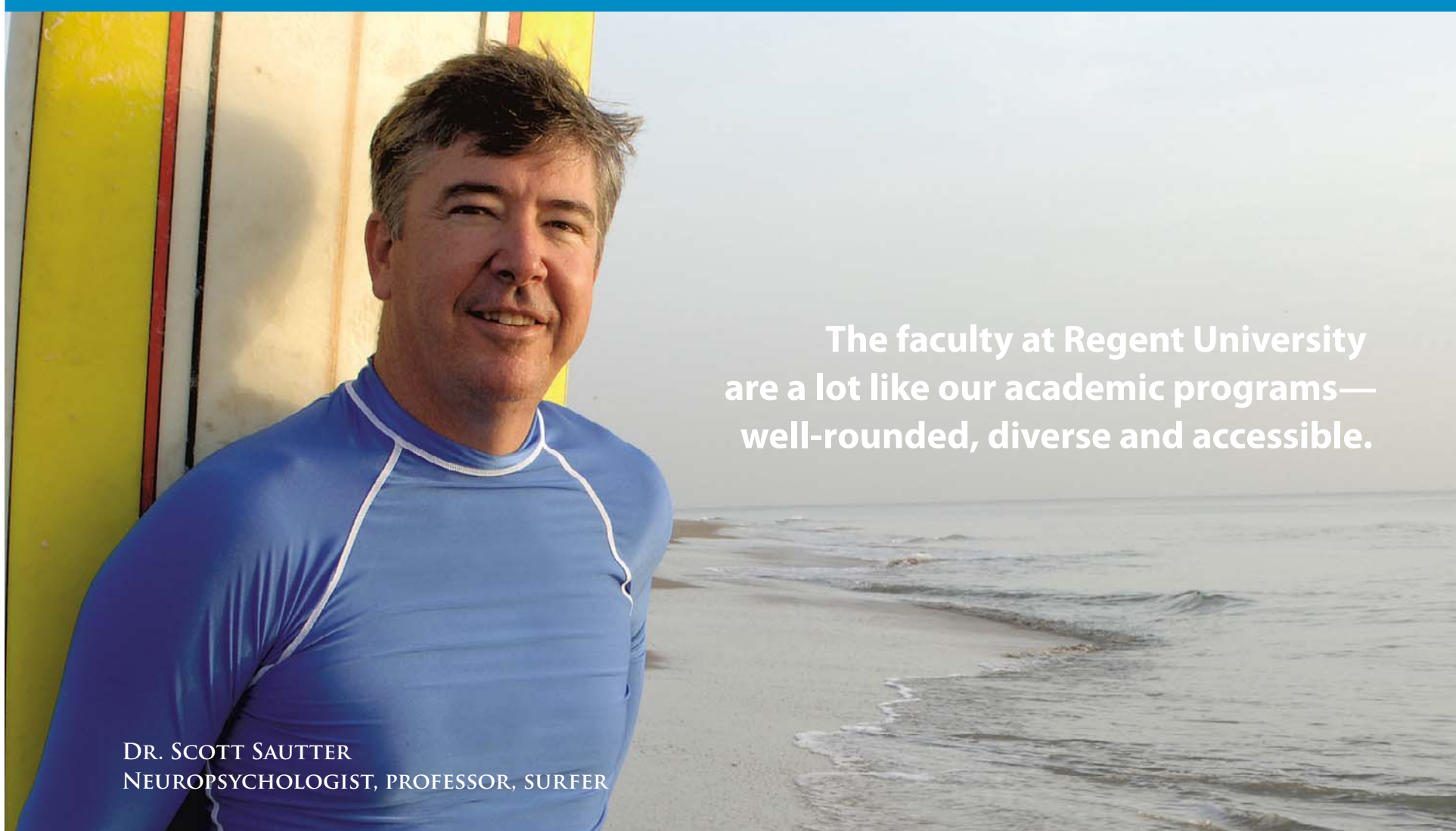
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GOODS

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PHYS ED

## Sink in the Rink



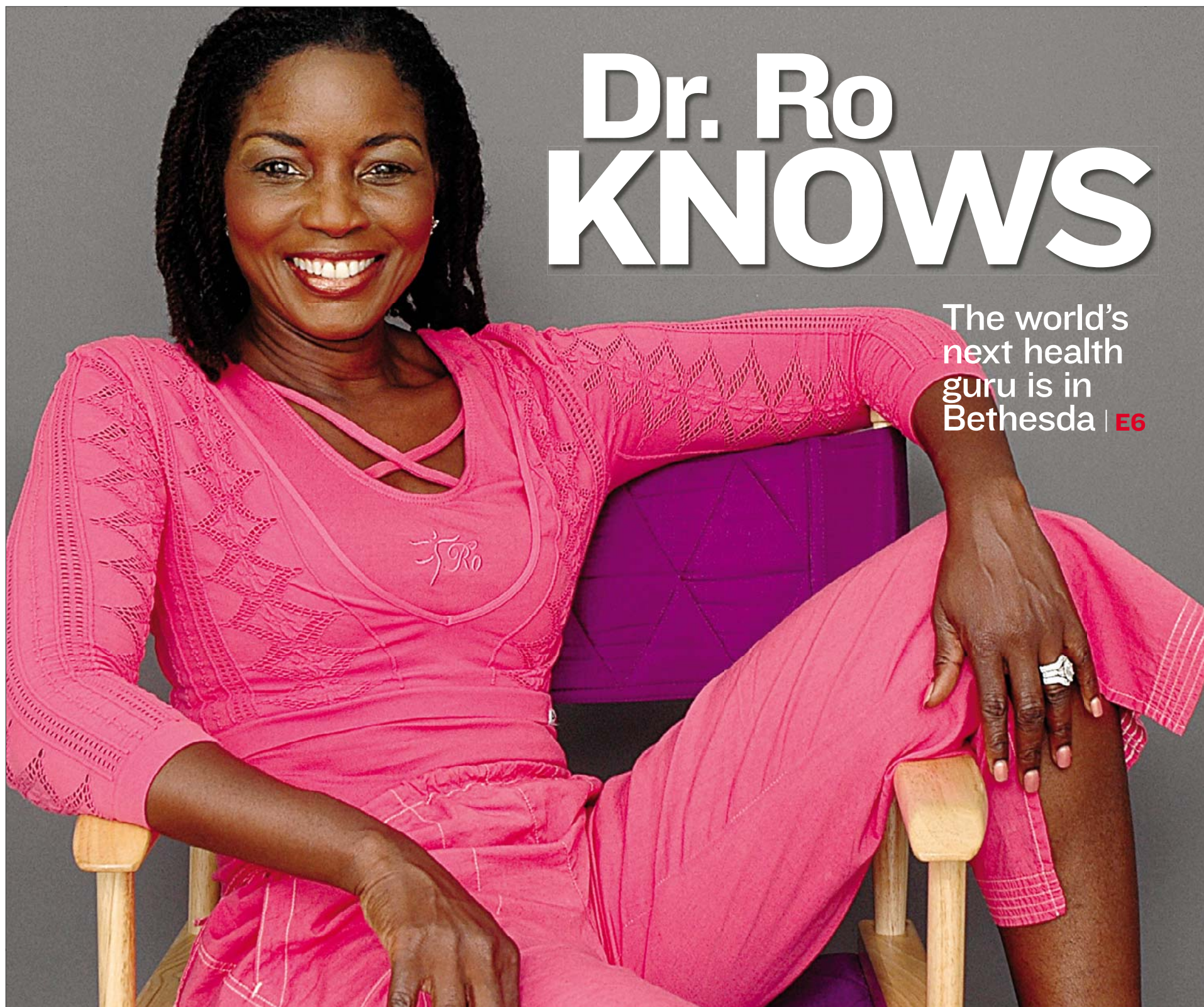
Find out how you can play a pick-up game of underwater hockey | **E5**

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# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## Hookups and Setups: Also Screwups?

**Q** Stupid move! I slept with a co-worker after an office happy hour. He's in a different division and, though we've flirted for months, we don't see each other often. But I feel so unprofessional. I don't want to date him and I have no interest in a repeat performance. How do I handle damage control? Also, I'm not out at work, though he is. —JUST CALL ME JOE

Unlike the work of Kate Moss's publicists, damage control in this situation is gloriously passive. You need not act; you must only react. If he pursues something, treat him with respect and consideration; neither lead him on nor make him feel like yesterday's toe jam. But if he does nothing, it's hard to argue that you need to do anything, either. And it's simply no one else's business, unless you want it to be (or it occurred in Sally the Secretary's cubicle.)

OK, now off with my party hat.



ERIC REECE

Use this situation as a reality check. Was this a one-time slipup? Not a huge deal. Or was it, perhaps, a warning sign that signifies problematic drinking — or relating — patterns? Then it's time for some self-exploration. While you're at it, a physical checkup would be wise, as well.

**Q** I'm a 24-year-old with a very frustrating problem. My mother and father keep pressuring me to date certain people. They only live 20 miles from me, so they find it perfectly acceptable to con-

stantly set me up on blind dates. The truth is, I have no real interest in dating right now and am still getting over my last relationship. I also have no interest in dating most of the people my parents pick. But I feel like if I turn them down, I might miss something really great ... what if? This keeps me saying yes, then five minutes in, I'm miserable. Is it crazy to keep going on dates I hate with people I don't like, just because I'm scared that if I stop, I'll just happen to miss the one who's been waiting for me? —MARYLAND DAUGHTER

You have the same choice to make as any woman deciding — even in person — whether to say yes to someone who asks her out, or whether to say “Sorry, I’m just getting over a relationship” (or leaving the country tomorrow morning).

There will always be a “what if,” but you can help assuage your doubts with a better screening process. Despite the goo that Hollywood tries to feed us, guys to whom your first reaction is abject misery are not likely to turn out to be a love match. So, try to figure out whatever was nauseating

with the last flops — snobbishness, flashiness, humorlessness, a fondness for ribbed turtlenecks — and learn to weed that out by knowing what you absolutely must find out beforehand.

**Being on a date because you're scared not to be on one is rarely a fun, or fruitful, experience.**

And finally, saying no is sometimes as simple as just saying no. (Thanks, Nancy Reagan.) Give yourself some credit; you have the power to meet many compatible people just by living your life and enjoying yourself. If someone truly sounds promising, say yes — but being on a date because you're scared not to be on one is rarely a fun, or fruitful, experience.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.



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## Pocket-Sized Tea Maker

**WHY DRINK PLAIN WATER** when there's Fresca, Crystal Lite and all sorts of other artificially flavored, easily acquired, calorie-free drinks? If only there were a convenient, portable, natural way to convert water into a yummy tea beverage ... What's that? Celestial Seasonings Zingers to Go (\$8 for 20, celestiaalseasonings.com)?

The slender packets pour straight down the mouth of a water bottle. Dump one in, shake it up and you have tangerine, berry, peach or blueberry herbal tea. They're sweetened with stevia, an herb beloved by natural cooks.



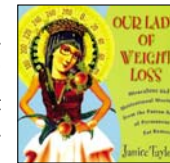
## Sweet and Low-Calorie

**FAKE SUGAR** might be heaven for your waistline, but it tastes nasty (no matter what diet soda freaks have come to believe). And there's always the nagging fear that it will kill you. Enter Zsweet, a new all-natural sweetener. Made from erythritol (a sugar alcohol found in fruits), it has no calories and — more importantly — no aftertaste. Place white granules on your tongue, let them dissolve and then ... sweet, sweet nothing. One issue for candy addicts: It's delicious, but not quite as sweet as sugar. And another for people who can't afford to do all of their shopping at Whole Foods: A 250-gram bottle is \$14.75 at zsweet.com. But better to splurge on that than on calories.

NEW  
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ups**

## The Art of Losing Weight

**THE TITLE MAKES IT SOUND LIKE** the Virgin Mother will make you thin if you follow the teachings in Janice Taylor's "Our Lady of Weight Loss" (\$20, Viking Studio). But really, it's more about believing that arts and crafts, like making macaroni sculptures, tape-measure bracelets



and light-switch plates with veggie motifs, will help you win the war on weight. How? By taking your mind off eating.



## No More Couch Potato

**EVERYONE'S FAVORITE SPUD** figured out he'd been hitting the fries too hard, so the new "Healthy Mr. Potato Head" rollerblades, lifts weights and rocks out to his MP3 player. If only he could just get a waist! He's the spokespot for the U.S. Potato Board and he's slated to make an appearance in this year's Macy's Thanksgiving Day Parade. You can get your own by sending two proofs of purchase from fresh potato products and \$7.50 to the address listed at [www.healthypotato.org](http://www.healthypotato.org).

PRODUCTS

## GuineaPig



## Shoes + iPod = New Treadmill

**WANT AN ITRAINER?** Buy \$80- and-up Nike+ running shoes (lightweight but a tad low on padding) and the \$29 iPod kit (a sensor slips into a slot under one insole, a wee receiver plugs into your Nano). Install free iPod software. Then input your weight, calibrate your pace, and set a calorie, time or distance goal. A firm, pleasant voice (male or female, your call) keeps you informed through your earbuds: "Halfway to goal ... 30 calories to go ... congratulations ..." It won't measure your heart rate, but it does state your pace.

Nano said we burned more calories on a slo-mo lap around a track than on an insanely fast lap. Silly Nano! It was also a lil' generous computing miles. Our fave feature: For a progress report, the music fades, then comes back up. What we wish it would have said: "Are you crazy? It's too hot to exercise! Go home!" **MARC SILVER**

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| THE EXPERTS

## TrainReaction

## Form, Function

**Q** I've heard trainers talk about "functional" training programs.

**How does that differ from a more traditional weight training program?**

Functional programs are designed to train people to make certain movements. Traditional strength training focuses on making specific muscle groups bigger and/or stronger. You have to stabilize your body to work just one or two joints at time. If you're looking to have nice firm pecs and developed biceps, traditional weight training is the right choice.

In life outside the weight room, however, the body moves as a unit. Functional training prepares the body for everyday stressors. If you would like to improve your ability to pick up your dropped car keys while holding a bag of groceries, a functional training program would be best.

The correct functional program should involve movement in all three planes of motion and incorporate the four pillars of human movement: pushing/pulling, locomotion, raising/lowering your center of mass, and rotation.

To choose the right style to fit your needs, ask yourself: Am I going to the gym for aesthetic purposes, or am I trying to improve everyday function?

**Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.**

# Worthy Squats

One lift can build muscle and give you power

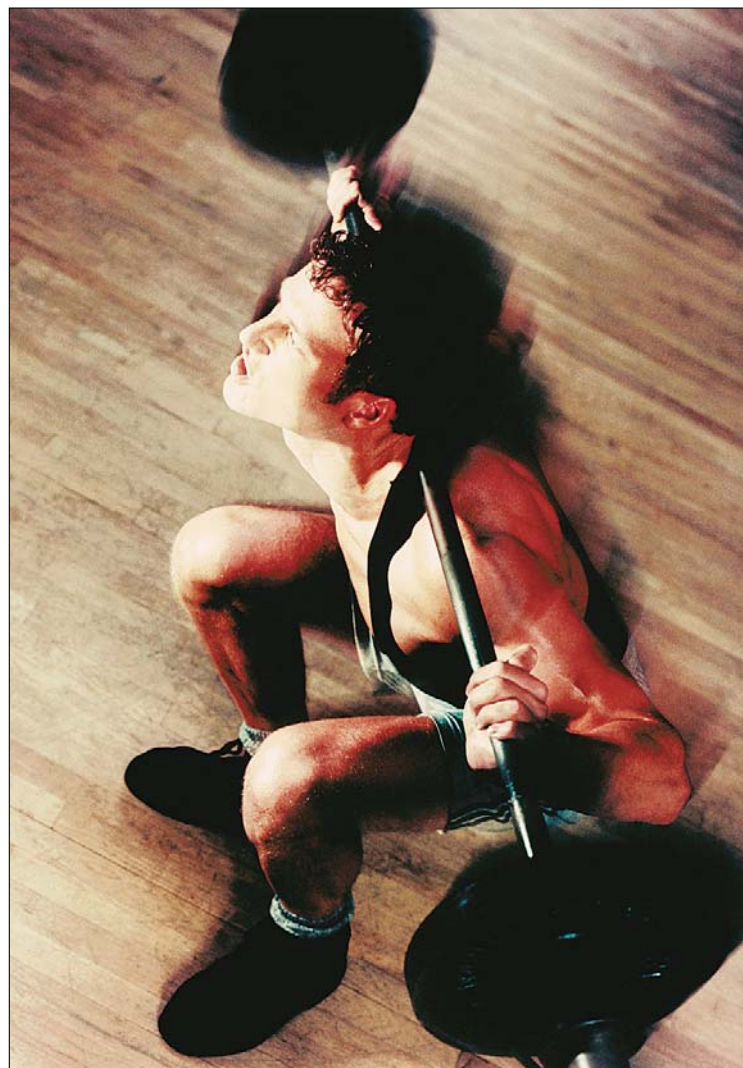
**High school basketball coaches once preached against the barbell squat. And we believed them.**

But in 1989, researchers at Auburn University found that men who performed full squats — bending their knees and lowering their bodies as far as possible — for eight weeks didn't decrease their knee stability. The researchers also observed that men who squat long-term have tighter, stronger knee ligaments than guys who don't squat at all. And physiologists at the Mayo Clinic have determined that squats place less stress on your knees than leg extensions, a popular machine alternative.

This much maligned lift deserves vindication. "You get greater overall muscle and strength gains from the squat than from any other exercise," said Jeff Volek, an exercise researcher at the University of Connecticut. Here are ways to reap the greatest benefits from this classic lift.

## Build More Muscle

Researchers at Duke University found that the closer you come to a half-squat — lowering your body until your thighs are parallel to the floor — the harder you work your quadriceps, hamstrings and calf muscles. But the benefits don't end with your legs. "Squats create an overall anabolic environment in the body that maximizes gains from other exercises [in your workout]," said Volek. Because squats involve a large muscle group and require a tremendous amount of energy, they trigger the release of extra testosterone and growth hormone in the bloodstream. And that'll help you build your upper body, too.



To engage the largest number of leg muscle fibers, start doing pause squats. Hold a barbell across your back and lower your body until your thighs are at least parallel to the floor (or lower). Pause for four seconds, then push your body back up to the starting position. Do two or three sets of 10 repetitions once every five to seven days.

## Power Up

Explosive power — the combination of speed and strength — separates the long shot from the big shot in sports. In a 2002 study published in the *Journal of Strength and Conditioning Research*, researchers found that men who did jump squats — jumping as high as possible from a squat position — with

a weight that was 30 percent of the weight they could squat one time improved their vertical leaps by 17 percent in just eight weeks.

Follow their lead by using a pair of dumbbells that add up to about 30 percent of the weight you can squat one time. Hold the dumbbells at arm's length next to your thighs, your palms facing each other. Dip your knees slightly (as if you were about to leap) then explosively jump as high as you can. When you land, reset quickly and then jump again. Do five sets of six repetitions, resting three minutes after each set, two times a week.

## Stay Young

Leg strength is key for maintaining mobility as we age, said Dr. Robert Newton, an exercise researcher at Ball State University. In a 2002 study, Australian researchers saw a correlation between maximal lower-body strength and the length of time it took healthy older men to complete a simple obstacle course. The weakest men took an average of 30 percent longer to complete the most challenging part of the course.

Heavy squats are the best way to build pure, functional strength, because they exercise your muscles and force the network of nerves that control them to work more efficiently. Perform a squat with a weight that's about 85 percent of the amount you can lift one time. Do five sets of five repetitions, resting three to four minutes after each set, once every five to seven days. To increase difficulty, have a buddy set pins in a power rack at a level that's about two inches below the height from which you'll begin the move. From a full squat, push your body up until the barbell touches the pins, then continue to push as forcefully as you can against the pins for three seconds. Then do it again. ADAM CAMPBELL (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

## VITALSTATS

# 43

PERCENT OF HEART ATTACKS THAT GO UNRECOGNIZED, ACCORDING TO A STUDY THAT APPEARED IN THE EUROPEAN HEART JOURNAL.

## running for congress

■ Rep. Jim Walsh

**THE ULTIMATE** congressional diet success story is Rep. Jim Walsh (R-NY), who dropped 20 pounds two years ago and has managed to keep it all off. "I feel like I'm a rich man," he said. "All of my old suits fit again." And the best part for other folks hoping to match his success: He almost never goes to the gym anymore. vicky HALLETT (EXPRESS)



**"I just got up** one day and thought I was fat."

**"I cut back** on how much I ate, so I was hungry a lot. I love to eat. I cut out fruit juice and salty snacks. So, if I'm really hungry now, I'll try some almonds."

**"I exercise** every morning for 20 minutes. I wanted a regimen I could do

anywhere as long as I had some floor space."

**"I do push-ups,** squats, leg lifts. I like to play golf, so I incorporated that — I pretend to swing a golf club. I made it up as I went along."

**"It's always** the same routine. I drink coffee first to get my energy up, and I listen to whatever classical radio I can get. I prefer Mozart."



# Phys Ed | fit



GETTY IMAGES

## Win, Lose or Drown

Underwater hockey puts the puck in the pool

Skates are totally unnecessary to play hockey with the Beltway Bottom Feeders. A snorkel, though, could come in handy. These passionate puck pushers are D.C.'s sole team devoted to underwater hockey, a sport developed in England in the 1950s as "octopush." "It sounds kind of dumb," said David Kennedy, a Bottom Feeder who'll be competing in this year's world championship, but fans know it's an addictive way of getting buff.

**Work it Out**

**WHAT IT IS:** Like ice hockey, two teams of six players compete to score. Unlike ice hockey, the game is played at the bottom of a swimming pool, somewhere between 6 and 8 feet down. There are no air tanks; players must hold their breath in order to make a play at the bottom. Goals, usually 3-meter-long metal troughs, are spaced 25 meters apart. To start play, teams line up on either side of the pool, then sprint to mid-pool to retrieve the puck. Calling organized plays underwater ain't happening, so players must learn how to react to their teammates. Typically, forwards are in front of the puck, blocking oncoming defenders, midfielders are fight-

ing for the puck and backs are the last line of defense. Newer and/or smaller players play forward.

**LINGO:** A "dolphin kick" — the same one used when swimming butterfly — pushes a player swiftly underwater. When trying to shield the puck from the other team, a player uses a move called a "curl": He tucks the puck into the crook of his stick and curls his body inward, boxing out opposing players. Also popular is the "deke," in which a player breaks into a flutter kick (the one used when swimming freestyle) to veer suddenly to one side after faking to the other. This simple move works better underwater than on land because reaction time is slower in the depths.

**WORKOUT:** Players swim hard to get that puck, so cutting through the water is the real exercise here. Our shoulders, arms, quads, calves and ankles all burned after attending a practice. Players use snorkel masks to breathe at the water's surface in between dives, but since most of the play is on the pool floor, the lungs get quite a workout, as well. After a

few months, a player's lung capacity improves dramatically, sometimes due to pure competitive drive. "If you're on a breakaway and you're running out of air and your chances are breathe or score, you score," said Kennedy. Being able to spend long periods underwater is crucial, and players can improve their "down time" by training with slow, underwater laps. Bottom Feeder Abe Rozental starts each practice by hanging upside down underwater. "It stretches my lungs out," he said.

**CROWD:** The Bottom Feeders are mostly guys in their 20s and 30s, but all athletes are welcome — if they're comfortable with 30 minutes of high-intensity underwater swimming. Water-polo players and synchronized swimmers are likely to pick up the game right away.

**GEAR:** Give the team advance notice, and they'll outfit you with loaner fins, snorkels, protective headgear, gloves and a stick. You're on your own in the swimsuit department. Though Speedos abound in the water, trunks are fine, too.

JULIA BEIZER

The Beltway Bottom Feeders play at George Mason University (4400 University Drive, Fairfax; 703-993-3939) on Sundays from 6 to 8:30 p.m. and Tuesdays from 8:30 to 10:30 p.m. They play at Oak Marr Rec Center (3200 Jermantown Road, Oakton; 703-281-6501) on Thursdays from 8 to 9 p.m. First practice/pick-up game is free; after, it's \$10 at Oak Marr and \$8 at GMU. Visit [underwaterhockey.com](http://underwaterhockey.com) for more info.

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| STUDIES

## Stethoscope



## Dept. of Fun-Spoiling

Killjoys at the U.S. Department of Agriculture announced that ice-cold and/or fresh-off-the-vine watermelon is less nutritious than two-week-old room-temp watermelon. USDA scientists stored watermelons for 14 days, some at room temp and some cold. The former had 40 percent more of the antioxidant lycopene and 50 to 139 percent more beta-carotene than fresh-picked melons. The green-and-pink food, it seems, continues to generate antioxidants after they're harvested — but chilling slows down the process.

## Don't Scent the Air

A chemical found in many air fresheners, toilet-bowl cleaners, mothballs and other deodorizing products could harm the lungs and worsen existing pulmonary conditions, say researchers at the National Institute of Environmental Health Sciences. Higher blood levels of the compound — 1,4-dichlorobenzene — were linked with a slight reduction in pulmonary function. If you're worried, stop using the offending products.

## Eat From Ramekins

The size of your dishes and utensils could be affecting how much you eat. Cornell University researchers invited 85 food and nutrition experts to an ice-cream social. Some got 34-ounce bowls, others got 17-ouncers. Two-ounce and three-ounce scoops were also distributed. Those with the larger bowls took 31 percent more ice cream. The three-ounce scoops added another 14.5 percent. The take-home message: Smaller bowls make less look like more.



MICHELLE REPISO/EXPRESS

## The Doctor Is In

Dr. Ro is working on plans to improve your life

**Behind racks of hot pink and turquoise leggings and shelves of sweetly scented balms at her Bethesda store, Dr. Rovenia Brock — whose birth certificate says she's 50, although her glowing skin puts her age at about 15 years younger — is poised to become the Martha Stewart of healthy living.**

For decades, the acclaimed nutritionist has served up good eating tips for countless outlets, including NBC, NPR, O Magazine and her former BET program "Heart & Soul." But unlike other food

gurus, whose mouths water at the thought of sprouts, the LeDroit Park native was raised on soul food. "I ate the same stuff my country girl of a mother did: fat, cooked in fat and smothered in fat," she said.

After ballooning and slimming repeatedly, she took a stand eight years ago. "I knew I couldn't dole out nutrition advice looking the way I did," she said. She worked out and switched to snacks like edamame and ostrich sticks (they're high in protein and low in fat; see [protosinc.com](http://protosinc.com)) and dropped three dress sizes (which she's kept off). She shrunk her name, too: "I wanted

what I had to say to be accessible. I wanted to be the girlfriend who knows stuff," Brock said of her newer moniker, "Dr. Ro."

As Dr. Ro, Brock has met even more success. In 2003, Bantam-Dell released her first book, "Dr. Ro's Ten Secrets to Livin' Healthy," which promoted recipes from her African American upbringing, minus the fatback.

And in September 2005, she opened her boutique, Everything Ro (4550 Montgomery Ave., [everythingro.com](http://everythingro.com)), which took her beyond the realm of nutrition. "Sixty to seventy percent of weight loss is

food; the rest is physical activity," she said. Delving into activewear was a no-brainer for the shopaholic. "I'm a slave to fashion, so I thought, 'I'm going to put my money where my mouth is and encourage people to get moving.'"

Her clothes are often neon-hued, and she tries to offer options not available elsewhere. Her one-size-fits-all garments are designed to hide cellulite: "It holds in everything," she gushed. She also boasts

**"I'm a slave to fashion, so I thought, 'I'm going to encourage people to get moving.'"**

a wide selection of plus sizes.

Although Brock would like her appeal to be broader, it's mostly black women who have supported her business. And it's a community that needs her help. "One in every two black women is overweight," she said. "Black women have always had a healthy attitude about body image, but when that extra meat increases your chances of getting diabetes, it's time to rethink your position. You're not OK."

By targeting women, who Brock calls "the gatekeepers," she hopes to make an impact on the whole family. In May, she introduced a skin-care line that includes a "Men's Essentials Kit." Next up will be an array of vitamins, including ones for the kids.

Her plan seems to be working. At a July "skin care happy hour," ladies flocked to Bethesda for facials, massages, makeup tips, wine and cheese. Decked from head to toe in lime-green Ro gear, Janyce Jefferson proclaimed herself a huge fan: "I love the clothes. I could live in them. The look is feminine, but jazzy."

Flitting about between the guests, Brock beamed as she watched the fruits of her labor among the fruit plates. "Nutrition remains a staple in everything I do. But having a healthy perspective is more encompassing," she said. "I'm holistic: mind, body and spirit." It's clear she wasn't kidding with the name Everything Ro.

VICKY HALLETT (EXPRESS)



## hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

**Are you easily startled** by unexpected noises or sights? Are you a Quebecer woodcutter living in a northeastern state? You could have **JUMPING FRENCHMEN OF MAINE CONDITION**. In the late 1800s, abnormally extreme startle reactions were observed in some French-Canadian lumbermen. They would respond instantly to sudden orders, for example. JFoMC is probably either a hereditary neurological disorder or a conditioned response to factors present at the lumber camps. Latah, observed in Malaysia, and myriachit, seen in Siberia, are similar in nature.

SOURCE: NATIONAL ORGANIZATION FOR RARE DISORDERS, PUBMED. NOT A SUBSTITUTE FOR MEDICAL CARE.



# Master the Blade

Shun the stubble with these razor techniques

**Shaving is the easiest, cheapest, and most painless way to a hair-free body, but the results are usually more sandpaper than sleek.**

Myriam Zaoui, co-founder of the Art of Shaving — a four-step system available at [theartofshaving.com](http://theartofshaving.com) — solves some defuzzing dilemmas.

## Subvert Stubble

Wait a few minutes for warm water to soften hair, then lather up legs with a rich shave cream containing coconut, calendula or olive oil. With long, light strokes, run a sharp razor against the hair growth. Rinse the blade after every two or three strokes. Afterward, apply a body moisturizer (Zaoui recommends one with shea butter) when skin is still slightly damp.

→ **OUR PICK:** Kiehl's "Simply Mah-velous Legs" Shave Cream (\$17, [kiehls.com](http://kiehls.com)) contains calendula.

## Nix Your Nicks

A cream or foam creates a buffer between your skin and the



GETTY IMAGES

blade. Use a swivel-headed razor to hug your curves. "Flex your feet to stretch the skin around the ankles," Zaoui suggests, "and bend your knee so the blade won't

grab at any loose skin."

## Prevent Pit Pain

Slather your underarm with shaving cream, then "stretch the arm

up to create a flat surface," Zaoui says. Unlike the leg technique, shave first in the direction that hair grows. Then shave across hair growth. Avoid deodorant that contains alcohol or fragrance that can burn just-shaved skin.

→ **OUR PICK:** Gillette Satin Care Shave Gel (\$2.79, [theessentials.com](http://theessentials.com)) is fragrance-free with shea butter and vitamin E.

## Annihilate Ingrowns

Since shaving exfoliates, it can prevent and actually heal ingrown hairs. Start by massaging on a nickel-sized amount of pre-shave oil, and then apply shave cream. Like underarms, shave in the direction of hair growth. Rinse blade, re-lather, and shave against growth.

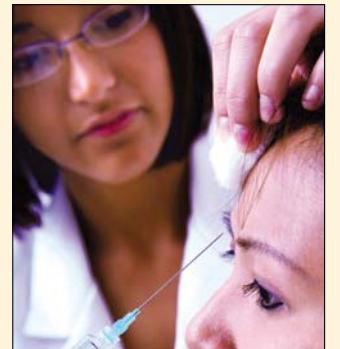
→ **OUR PICK:** King of Shaves Woman Shave & Moisturize Shaving Oil (\$5.55, [shave.com](http://shave.com)) has glycerin and natural essential oils.

## Ban the Burn

Drag a dull blade repeatedly over the same area and bingo — razor burn. Shave gently and replace your blade after three or four uses. Also skip the just-soap-and-water shave; soap is drying and doesn't protect skin. Last step: Hydrate with lotion containing skin-soothing chamomile, azulene or lavender. (REPRINTED WITH PERMISSION FROM WOMEN'S HEALTH MAGAZINE. © RODALE INC.)

THE EXPERTS

## SkinDeep



## Forever Young

**Q** Can you be too young for Botox? Is there an age threshold you should cross before you start getting injections, or fillers, or the like?

Nope, you just need a good dose of sun damage sprinkled with a dash of wrinkles. Once you're sporting those, you're golden, so to speak. According to D.C.-based dermatologist Elizabeth Tanzi, "The best time to start Botox is when you have sun damage and you are just starting to see the very beginnings of wrinkles."

Whether you use Botox or a filler material (Restylane, collagen) depends on the type of wrinkle. "Botox is used to relax muscles and works best on wrinkles that are prominent with muscle movement, like crow's-feet or frown lines," Tanzi said. "Fillers replace lost volume, so they're used on wrinkles on the cheeks or mouth."

Alas, unless you're using Botox to control excessive sweating (we'll save that for another column), it's considered a cosmetic procedure. You'll have to cough up \$300 to \$500 per session.

**Want us to ask a dermatologist your skin question? Send your query to [skindeep@readexpress.com](mailto:skindeep@readexpress.com).**

# Serenity Now, for Man and Beast

**All spas offer indulge-'til-you-drop beauty treatments for humans, but one local palace of pampering is looking out for its clients' pets, as well. Serenity Day Spa's Old Town branch arranges grooming appointments for dogs at nearby Animal Resorts while owners bask in any Serenity service they choose.**

**PREP:** Upon arrival at Serenity, dogs are fetched by Animal Resorts staffers. Pooches are bathed, groomed, massaged and manicured and then ferried back just as their humans are finishing up.

**FORDOGS:** Ten-year-old tester Frump was treated at Serenity itself, so we could observe the process while also being pampered. For the canine tension massage, Animal Resorts

head groomer Jason Ray rubbed our slightly smelly basset hound's ears, muzzle and belly, then massaged her droopy skin with a soft brush for about 15 minutes. Most dogs more than 10 years old fall asleep during massages, said Ray: "That's what you really want them to do."

Once Frump was fully relaxed, Ray went to work on her toes — sensitive spots for most dogs (especially bassets, he noted). He clipped her nails and applied quick-dry red nail polish. Not quick enough for Frump, though, who began rousing from her massage as Ray got to her fourth paw. He kept her relaxed with gentle massage strokes and blew on her toes to speed the drying.

**FOR HUMANS:** From Serenity's lengthy treatment menu, we sampled the



MICHELLE REPIO/EXPRESS

The polished paws of Frump and friend.

mani/pedi, tension massage and haircut. The pedicure began with a long soak in a rose-petal-and-sea-rock bath and continued with a foot massage and filing. Nail special-

ist Thy Nguyen battled and bested the hangnails and cuticles on this nail-biter's paws. Next up was the tension massage. In a dim, candlelit room, masseuse Christina McGee worked out knots in the shoulders, neck, scalp and back for 25 minutes. Finally, hairstylist Cindy Ford offered a soothing scalp massage, followed by a cut and blow-dry.

**OUTCOME:** Bassets aren't particularly active, but Frump seemed more relaxed than usual following her date with Ray. She even had to be nudged out of her slumber to go for an evening bathroom break. For such a lazy girl, there is no greater measure of success. JULIA BEIZER

**Serenity Day Spa, 209 Madison St., Alexandria; 703-549-9212; [serenitygift.com](http://serenitygift.com). Treatments for dogs usually run about \$50; long-haired dogs cost more.**

Bliss Out

## VITALSTATS

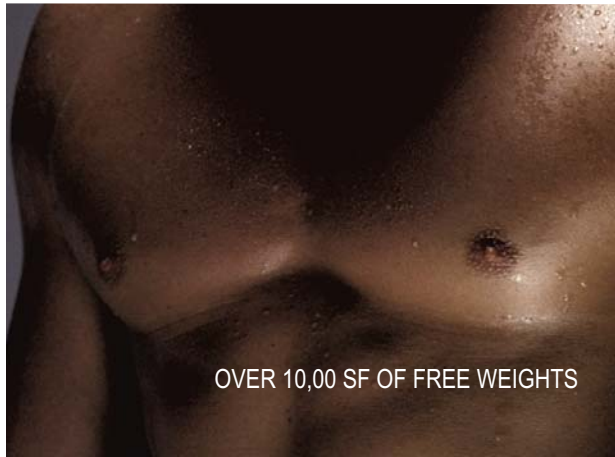
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